950 25th St. NW, #1010N
Washington, DC 20037
January 27, 2003

Carol J. Mitten
Chair, Zoning Commission of the District of Columbia
441 4th St. NW
Suite 220
Washington, DC 20001

RECEIVED
D.C. OFFICE OF ZONING
2003 JAN 30 PM 3:59

re: George Washington University Health and Wellness Center, matter number 02-26

Dear Ms. Mitten:

The George Washington University Health and Wellness Center (HWC) has submitted a permit request for extending their hours and opening their membership to the public. I only recently learned that their case rests upon alleged underutilization, and I respectfully request that you admit this very relevant letter to the record and consider the below when making your decision, despite my late notice of this zoning request.

I am a working professional and Foggy Bottom resident, in addition to being a graduate student at GWU. I have been using the HWC for the past year and a half, and I enjoy the facility and the classes. However, I find the HWC claim of underuse ludicrous when applied to at least the cardio equipment and weight room. I exercise there three times a week, and have learned that any workout after about noon will take me almost twice as long as normal because I have to wait several minutes for almost every piece of equipment I need. There are often lines for the weight machines and for the cardio equipment (treadmills, stairsteppers, elliptical machines) with more waiting people than there are machines of that type to be used. The weight room is equally crowded in the afternoons and evenings, with almost no space for a dumbbell workout, even if the size dumbbells needed are available. Perhaps the board could request the (regularly taken) user statistics for those rooms and/or visit the facility in the afternoon or evening hours for proof of my anecdotal evidence above.

I have no evidence of other portions of the facility lying idle, other than the enclosed schedule for the multipurpose [illegible] showing that the HWC management has chosen not to

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Exhibit 60

ZONING COMMISSION
District of Columbia
CASE NO.02-26
EXHIBIT NO.60

offer a full schedule of classes in the mornings, early afternoons, and on weekends. Also, the evening classes all meet between 6 and 8, a common time for evening students to be in class.

While I understand why the HWC might wish to boost their revenues, I submit that they should not be allowed to do so by inconveniencing an already burdened group of users and I request that you prevent the HWC management from doing just that. I support the extension of hours as a way to relieve overcrowding in the most popular portions of the facility and as a way to accommodate the generally late-night workout schedules of the GW students by offering additional classes and workout time. I would even agree with the HWC allowing restricted memberships of a limited number of local residents (showing proof of residence within a chosen number of blocks of the HWC, of course) to use the facility during the admittedly quiet morning hours only. However, I must object to the HWC adding even more users to an already overburdened cardio/weight room, particularly if those users have no current connection to the University or the Foggy Bottom area.

The University has demonstrated a problematic lack of restraint in admitting new students despite the fully used dormitories, and I see this new request for the HWC as opening the door to a similar set of issues in the Foggy Bottom neighbourhood. Please deny the HWC permit. I am available at your request to discuss this matter via telephone or in person. Thank you for your time and attention.

Sincerely,



Liza J. Meyers

ph. 202.423.3144
e. ejm6@po.cwru.edu

cc: Barbara Spillinger
enclosure

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

Semi-Annual HWC Open House
January 13 – 19, 2003
All Group Fitness Classes are **FREE** to GWorld holders!

RSFS

Spring 2003 Group Fitness Schedule

Effective January 13 – April 30, 2003

Multi-Purpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:10 – 8:00 am		**Cycling** A.J.		**Pilates Mat** Elizabeth			
9:00 – 10:00 am	**Muscle Pump** Becca		**Hi/Lo** Jehan				
11:00 – 12:00 pm					**Hi/Lo & Sculpt** Ariel	**Cycling** Meg	**Step I** Kristin
12:10 – 1:00 pm	**Pilates Mat** Tess	**Yoga** Jacque	**Cycling** Lindsey M	**Yoga** Jacque	**Step I** Lindsey M	**Step & Sculpt** Lindsay K	
4:00 – 4:50 pm	**Yoga** Paula	**Cardioboxing** Erin	**Yoga** Paula	**Step & Sculpt** Erin	**Yoga** Paula		
5:00 – 6:00 pm	**Belly Dancing** Faten	**Pilates Mat** Tess	**Circuit Challenge** Melanie	**Step I** Sarah	**Hi/Lo** Nelle		
5:30 – 6:00 pm				**On the Ball** Cristina			
6:10 – 7:10 pm	**Step II** Naomi	**Step & Sculpt** Amy	**Cardio Funk** Wendi	**Cardioboxing** Cristina			
6:10 – 7:10 pm	**Cycling** Melanie		**Muscle Pump** Maureen	**Cycling** Meg			
7:20 – 8:20 pm	**Hi/Lo & Sculpt** Megan M; **Abs** Maureen *(7:20 – 7:50)*	**Hip Hop Dance** Lindsey M; **Muscle Pump** Aileen	**Tai Chi** Alex; **Yoga-Pilates** Cristina	**Capoeira** Vice *(7:20 – 8:30)*			
8:20 – 9:30 pm		**Capoeira** Vice					

Health and Wellness Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 8:00 pm	**Aqua Training** Lisa						

Don't forget to buy your Spring 2003 GF Pass for $60!!

Class Descriptions

Abs – Focuses on firming and defining the abdominals, core muscles and lower back.

Aqua Training – Use the resistance of the water to intensify drills, running and sculpting exercises. A refreshing workout with no impact on the joints.

Belly Dancing – A fun way to workout. Enjoy mastering this dance while toning your core muscles.

Capoeira – A class combining martial arts with African, Latin and Caribbean dance.

Cardio Funk – A funky Hi/Lo class that incorporates traditional Hi/Lo moves with dance moves.

Cardioboxing – An extreme full body-workout combining punching, kicking and drills. Work on strength, endurance and coordination without contact.

Circuit Challenge – Combines resistance training and cardio drills for a high-intensity, full-body workout.

Cycling – Performed on specifically designed stationary bike. Because participants can adjust their own resistance and pedaling rate, beginners and regular cyclists will be challenged in the same class.

Hi/Lo – High and low impact aerobics for all fitness levels.

Hi/Lo & Sculpt – A Hi/Lo and Muscle Pump class integrated together to burn calories and tone muscles.

Hip Hop Dance – A Hip Hop class that builds real dance combinations to create a choreographed dance routine. No dance experience needed!

Muscle Pump – Focus on muscular strength and endurance. Class uses dumbbells, resist-a-bands, inflatable balls and your own body weight.

On the Ball – Use an inflatable ball to improve strength and stability in the abdominal and back muscles.

Pilates Mat – A mat-based class designed to lengthen muscles as it stretches. Develop balance, posture, coordination, strength and flexibility.

Step I – A high-energy aerobics class that incorporates a step for additional variety in choreography. Appropriate for beginner to intermediate steppers.

Step II – A more advanced Step class that incorporates more challenging choreography. Appropriate for intermediate to advanced steppers.

Step & Sculpt – A Step I and Muscle Pump class integrated together to burn calories and tone muscles.

Tai Chi – A style of internal Chinese Martial Art based on the interconnection of breath, mind and body control.

Yoga – Release stress while balancing your mind and body through stretching and strengthen movements.

Yoga-Pilates - Yoga and Pilates Mat combined to get the best of both worlds.

To Participate: Show a valid GWorld ID and Group Fitness ID (received at registration)
No book bags/gym bags or coats in the studio. Put all personal items in the locker room

IMPORTANT NOTE

The schedule is subject to change at the discretion of RSFS. Advance notice will be given if there is a change in the schedule. Thank you for your understanding.

Contact Recreational Sports and Fitness Services for more information
202-994-6251 * fit4life@gwu.edu * Health and Wellness Center 217 * gwired.gwu.edu/rsfs