Parametrized or indexed $\infty$-category theory studies $\infty$-categories fibered over a given base $\infty$-category. This theory can be harnessed for the purposes of equivariant homotopy theory when one specializes to the case where the base is the orbit category of a finite group. In this talk, we present a theory of parametrized homotopy limits and colimits that recovers and extends the Dotto-Moi theory of $G$-colimits. We apply this theory to prove that the $G$-$\infty$-category of $G$-spaces is freely generated under $G$-colimits by the contractible $G$-space, thereby affirming a conjecture of Mike Hill.