



Virginia Tech Fitness
Group Exercise Schedule
Summer Session II (July 6 - August 13)



Studio A and Studio B are in McComas Hall. Dance Room and Gymnastics Room are in War Memorial Hall.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45 am		Deep Water War Pool Michelle		Deep Water War Pool Michelle	
12:15- 1:00 pm	Pilates Dance Room Ali Arner	PowerLift Dance Room Michelle		PowerLift Dance Room Steven	
12:15- 1:00 pm		Yoga Gymnastics Room Lori	Yoga Gymnastics Room Kelly	Yoga Gymnastics Room Cathy	
5:30-6:30 pm			Deep Water War Pool Nina		
6:30- 7:30 pm	Powerlift Studio B Lauren A.	Cycling Studio A Krista	Powerlift Studio B Lauren A.	Cycling Studio A Emily Slye	

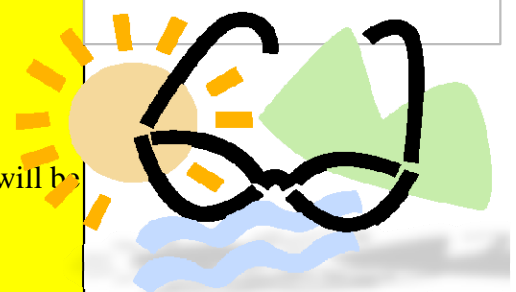
Summer Session II (Full Pass \$20/War Pass \$10)

Full Pass can be purchased by current students. Students not enrolled during summer may pay the Rec Fee to access McComas. War Pass can be purchased by any eligible War Memorial Hall user.

Images By B Fitness Challenge II

Get rewarded for attending fitness classes! For every fitness you attend each summer session, you increase your chances of winning an Images By B Salon \$50 gift certificate. One winner will be drawn each summer session.

Shaded classes are included in the War Pass. All classes are in the Full Pass.



<http://www.recsports.vt.edu/fitness>