**FREE WEEK OF FITNESS**

**FALL 2017 EXAM WEEK**

Need a break from studying? Come take a free fitness class!

**DAY 1 • FRI 12/15**
- **1:15pm-2:15pm** Pedal N Pump
  - Leo K - Spin City/Studio A
- **1:30pm-2:00pm** Hit
  - Alex H - Dance Room
- **12:15-1:00pm** Zumba®
  - Abigail H - Dance Room
- **12:15-1:00pm** Pilates Xpress
  - Alexis J - Gymnastics Room
- **12:30-1:30pm** BodyPump™
  - Elizabeth B - Studio A
  - 2:00-3:00pm
  - 4:30-5:30pm

**DAY 2 • SAT 12/16**
- **11:30am-12:30pm** Cycle Xpress
  - Lauren L - Spin City
- **12:30-1:30pm** BodyPump™
  - Leo K - Studio A
  - 2:00-3:00pm
  - Vinyasa Yoga
  - Tony H - Studio B
  - 4:30-5:30pm
  - Zumba®
  - Likhitha U - Studio B
- **4:30-5:30pm** Zumba®
  - Khale K - Studio A
- **5:45-6:30pm** Bodycombat™
  - Shelly R - Gymnastics Room
  - **6:45-7:30pm** Cycle Xpress
  - Becky L - Spin City

**DAY 3 • SUN 12/17**
- **3:00-3:30pm** BodyPump™
  - Emma R - Studio A
- **4:00-5:00pm** Zumba®
  - Abigail H - Studio B
- **5:00-6:00pm** Bootcamp
  - Elizabeth B - Studio A
- **5:30-6:30pm** Extended Yoga
  - Tony H - Studio B
- **6:30-7:00pm** Cycle Xpress
  - Becky L - Spin City

**DAY 4 • MON 12/18**
- **8:00-8:45am** Cycle Xpress
  - Leo K - Spin City
- **12:15-1:00pm** BodyStep™
  - Ali C - Dance Room
- **12:15-1:15pm** Vinyasa Yoga
  - Shelly R - Gymnastics Room
  - **5:15-6:15pm** BodyPump™
  - Courtney J - Studio A
  - **5:30-6:30pm** Club Cycle
  - Emma F - Spin City
- **6:15-7:15pm** Yoga
  - Rachel R - Studio B
- **7:15-8:00pm** Cycle Xpress
  - Brooke L - Spin City
- **7:30-8:30pm** Zumba®
  - Alexis J - Studio B

**DAY 5 • TUE 12/19**
- **8:00-9:00am** Pilates
  - Laura G - Studio B
- **12:15-1:15pm** BodyStep™
  - Ali C - Dance Room
- **12:15-1:15pm** T'ai Chi
  - Young J - Gymnastics Room
  - **1:45-2:30pm** Cycle Xpress
  - Anna F - Spin City
- **5:00-6:00pm** BodyPump™
  - Edward L - Studio A
- **6:15-7:15pm** Bodycombat™
  - Laura G - Studio A
- **6:30-7:30pm** Yoga
  - Hannah C - Studio B

**DAY 6 • WED 12/20**
- **12:15-1:00pm** BodyStep™
  - Ali C - Dance Room

**CLASS DESCRIPTIONS**

**BodyCombat™** is an empowering, cardio workout that is inspired by martial arts. It draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.* There are no complex moves to master which will allow you to dial up the intensity and challenge yourself to make the most of every round.

**BodyStep™** is the energizing step workout that makes you feel liberated and alive. This full-body cardio workout uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body and really tone your butt and thighs.

**Bootcamp** is a challenging workout that uses a variety of cardio, strength training, plyometrics, TABATA training, circuits, stations, calisthenics, and functional movements to create the ultimate total body workout.

**Club Cycle** is an unbeatable hour in Spin City spent riding through intervals, over hills, and completing varying cycling exercises to the latest and greatest EDM (Electronic Dance Music) and House music. Don’t miss out on this extra, extra amped up cycle class!

**Hiit** is a popular fitness trend that stands for High Intensity Interval Training which focuses on working hard for short periods of time. Our instructors will challenge and motivate you through a tough 30-minute workout using various equipment and bodyweight that is sure to make you sweat and feel great! Modifications for all fitness levels are provided.

**Pedal N Pump** offers you two workouts in the time of one! Follow our instructors through a vigorous 30-minute cycle class, then move to the studio for a 30-minute barbell lifting session that will help strengthen and sculpt your body.

**Pilates** classes focus not only on stretching and elongating your spine, but also on strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class.

**T’ai Chi** uses series of movements performed in a slow and focused manner with deep breathing to relax the mind and focus the body.

**Vinyasa Yoga** is “breath-synchronized movement,” and encompasses a series of poses that will move you through the power of inhaling and exhaling while moving in a smooth flow or dance-like motion.

**Zumba®** is the original dance-fitness party that features exotic rhythms set to Latin and international beats. It’s easy to do, effective, and totally exhilarating!

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*Images from @VTRECSPORTS and VTRECSPORTS on VIRGINIA TECH REC SPORTS

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