Join us in a free week of Small Group Training + Instructional Dance October 8th - 11th before our second session begins!

Session II begins October 15th - Nov. 30

Visit recsports.vt.edu to register and for more info.

**MON 10/8**
- 5:30pm-6:30pm **Hip-Hop**
  - Emily L. - War Dance Room
- 5:45pm-6:45pm **X-Fit**
  - Jacob B. - War Multi B Room

**TUE 10/9**
- 12:00pm-1:00pm **TRX**
  - Ben B. - McComas 3rd Floor
- 12:30pm-1:30pm **Maroon Theory**
  - Erin G. - McComas Cardio Deck
- 4:00pm-5:00pm **Musical Theatre**
  - Savannah M. - War Dance Room
- 5:00pm-6:00pm **Cycle+Queenax**
  - Emily G. - Spin City/McComas 3rd Floor

**WED 10/10**
- 5:00pm-6:00pm **O-Course**
  - Corps' Obstacle Course
    - (Corner of Smithfield Rd/Duckpond)
- 5:30pm-6:30pm **Jazz**
  - Emily L. - War Dance Room
- 5:45pm-6:45pm **X-Fit**
  - Jacob B. - War Multi B Room

**THU 10/11**
- 12:00pm-1:00pm **TRX**
  - Ben B. - McComas 3rd Floor
- 12:30pm-1:30pm **Maroon Theory**
  - Erin G. - McComas Cardio Deck
- 5:00pm-6:00pm **Cycle+Queenax**
  - Emily G. - Spin City/McComas 3rd Floor
- 5:30pm-6:30pm **O-Course**
  - Corps' Obstacle Course
    - (Corner of Smithfield Rd/Duckpond)
- 5:45pm-6:45pm **X-Fit**
  - Tyrone T. - War Multi B Room

**SESSION II INFORMATION**

Registration ends by the end of the second week of Session II, October 26th.

**DANCE:** $42 per session

**SGT:** $100 per session