**FREE WEEK OF FITNESS**

**SPRING EXAM WEEK 2018 SCHEDULE**

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

**DAY 1 • FRI 5/4**
- 8:00-9:00am **BODYPUMP™** Alyssa F - Studio A
- 11:15-12:15pm **HIIT** Ashley S - War Dance Room
- 1:30-2:45pm **YOGA** Amy L - Studio A
- 2:45-3:30pm **BODYCOMBAT™** Nicole O - Studio A
- 3:30-4:45pm **YOGA** Nadine S - Studio A
- 6:45-7:45pm **ZUMBA** Becky L - Studio A

**DAY 2 • SAT 5/5**
- 11:30-12:30pm **CYCLE** Cassie H - Spin City
- 12:30-1:30pm **BODYTABLE™** Jessica G - Studio A
- 1:30-2:45pm **HIIT CYCLE** Sarah B & Keasy B - Spin City
- 3:15-4:15pm **BODYPUMP™** Nichole O - Studio A
- 4:30-5:30pm **YOGA** Nadine S - Studio A
- 5:30-6:30pm **ZUMBA** Modesty C - Studio B

**DAY 3 • SUN 5/6**
- 1:30-2:30pm **BODYCOMBAT™** Zahra G & Elizabeth E - Studio A
- 4:00-4:30pm **HIIT CYCLE** Dianne Z - Spin City
- 6:30-7:30pm **YOGA** Sarah N - Studio B
- 6:45-7:30pm **CYCLE** Becky L - Spin City

**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, taekwondo, tee chi and muay thai.

**BODYTABLE™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups.

**CXWORK™** is a 30-minute core workout that uses resistance tubes, weight plates, and body weight exercises (like crunches and hovers). It also includes some hip, butt, and lower back exercises.

**CYCLE** is the ultimate indoor cycle workout where you do intervals, climb hills, and sprint just like a real bike ride. Have fun with this totally exhilarating!

**HIIT** is a popular fitness trend that stands for High Intensity Interval Training which focuses on working hard for short periods of time. Instructors will challenge 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.

**PIRATES** will help you focus your mind and body. Classes focus on stretching and lengthening your spine while strengthening your core.

**YOGA** is a class that aids with getting in touch with your mind and body! Focus on stretching out your body and mastering poses in this 60-minute workout. Our instructors will help you realign your mind and work your body all at the same time.

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

**DAY 4 • MON 5/7**
- 8:08-8:45am **CYCLE** Ashley L - Spin City
- 7:11-8:00pm **HIIT** Ashley S - War Dance Room
- 8:00-9:00pm **YOGA** Rachel R - Studio B
- 12:15-1:15pm **BODYSTEP™ 45** Allie S & Becky L - Spin City
- 12:15-1:15pm **BODYPUMP™** Brooke M - War Dance Room
- 6:15-7:00pm **WARRIOR YOGA** Kellie A - Studio A

**DAY 5 • TUES 5/8**
- 12:15-1:15pm **BODYSTEP™ 45** Allie S - War Dance Room
- 4:00-4:45pm **CYCLE** Mary Sage E - Spin City
- 5:15-6:00pm **BODYPUMP™** Brooke M - War Dance Room
- 6:15-7:00pm **BODYSTEP™ 45** Allie S - War Dance Room
- 6:45-7:45pm **ZUMBA** Charlotte H - Studio B
- 6:45-7:45pm **CYCLE & CXWORK™** Becky L - Spin City/Studio A
- 8:15-9:15pm **CLUB CYCLE** Dianne Z - Spin City

**DAY 6 • WED 5/9**
- 8:00-9:00am **YOGA** Rachel R - Studio B
- 12:15-1:15pm **BODYPUMP™** Brooke M - War Dance Room
- 12:15-1:45pm **PIRATES** Carrie J - War Gymnastics Room
- 12:30-1:30pm **BODYCOMBAT™** Elton K - Studio A

**COLOR KEY:**
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