

FREE WEEK OF SMALL GROUP TRAINING & INSTRUCTIONAL DANCE

MARCH 13 - MARCH 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
Morning		X-FIT Bless J. 6:30-7:30am War Multi-B		X-FIT Bless J. 6:30-7:30am War Multi B	
Mid-day	HOKIE RUNFIT Taylor/Elaine 1-2pm War Dance	ATHLETIC CONDITIONING Mark S. 12-1pm War Multi-B	HOKIE RUNFIT Taylor/Elaine 1-2pm War Dance	ATHLETIC CONDITIONING Mark S. 12-1pm War Multi B	
Evening	GRIT™ Jess T. 4:15-5pm MC B	GRIT™ Alicia E. 5:30-6:15pm War Multi B	GRIT™ Jess T. 4:15-5pm MC B	GRIT™ Alicia E. 5:30-6:15pm War Multi B	
	X-FIT Kevin P. 5:45-6:45pm War Multi B	SUP YOGA Sarah K. 5:30-6:45pm War Pool	X-FIT Kevin P. 5:45-6:45pm War Multi B	JAZZ Emily L. 5:30-6:30pm War Dance	
	GRIT™ Anna R. 6:30-7:15pm MC B	X-FIT Bless J. 6:30-7:30pm War Multi B	GRIT™ Anna R. 6:30-7:15pm MC B	SUP YOGA Sarah K. 5:30-6:45pm War Pool	
	LYRICAL Kaitlyn K. 6:30-7:30pm War Dance	BALLET Jenny M. 6:30-7:30pm War Dance	HIP HOP Jay J. 6:30-7:30pm War Dance	X-FIT Bless J. 6:30-7:30pm War Multi B	
	TRX Jess T. 7:05-8pm War Multi B		TRX Jess T. 7:05-8pm War Multi B		X-FIT Nicole S. 8-9pm War Multi B

SGT AND DANCE CLASS DESCRIPTIONS

TRX® is a unique suspension-based resistance program that will help improve strength, balance, flexibility, coordination, endurance, and joint stability.

SUP YOGA If you're looking for a new challenge, yoga on a stand up paddle board will reinvigorate you, all while enjoying the natural splendor of floating on water! This class will help improve flexibility, balance and core strength.

X-FIT with a CrossFit Coach Combination of aerobic exercises, and weight lifting.

X-FIT GYMNASTICS applies gymnastic principles to CrossFit training techniques to increase strength development, core control and spatial awareness.

GRIT™ 30-minute workouts that alternate between plyometric, strength, and cardio training.

HOKIE RUNFIT Through educational discussions and weekly workouts, you will gain the knowledge needed to become a better runner!

ATHLETIC CONDITIONING will teach you the essentials to perform the art of weight lifting.

BALLET Learn basic technique and movements.

JAZZ Learn basic technique, new moves, and a choreographed dance.

HIP-HOP Learn how to top-rock, 6-step, and pop it like you mean it.

LYRICAL Learn basic technique, new moves, and a choreographed dance.



RECREATIONAL
SPORTS