

# GROUP EX SCHEDULE

# Fall 2020

## MEMBERSHIP OPTIONS

VISIT [RECSports.VT.EDU/GROUPEX](https://RECSports.VT.EDU/GROUPEX) FOR MORE  
INFORMATION AND TO PURCHASE.

**\$50** FALL 2020 FULL PASS  
Access to all in-person and virtual  
classes in the fall semester

**\$25** FALL 2020 EARLY BIRD PASS  
Access to all in-person and virtual  
classes from 6:00 a.m. - 2:00 p.m.

**\$25** VIRTUAL FALL 2020 PASS  
Access to 20+ classes each week  
that will be live-streamed and  
offered virtually\*

## MONDAYS

- 7:00AM - 7:30AM // **HIIT CYCLE** // STUDIO B // LARA K.  
V 8:15AM - 9:15AM // **POP PILATES** // STUDIO B // TRINITY J.  
8:30AM - 9:15AM // **GRIT™** // STUDIO A // CHRISTINE M.  
10:00AM - 10:45AM // **CYCLE** // STUDIO B // ALLI H.  
V 10:30AM - 11AM // **CXWORX™** // STUDIO A // LINDSEY G.  
11:30AM - 12:15 PM // **CYCLE & ARMS** // STUDIO B // EMMA C.  
12:30PM - 1:15PM // **BODYPUMP™ 45** // STUDIO A // CHRISTINE M.  
V 1:15PM - 2:00PM // **BARRE** // STUDIO B // SAVANNAH M.  
3:30PM - 4:00PM // **BODYPUMP™ 30** // STUDIO A // LINDSEY G.  
V 4:00PM - 4:45PM // **POWER YOGA** // STUDIO B // PHEOBE C.  
5:00PM - 5:45PM // **CARDIO STEP** // STUDIO A // VICKY L.  
5:30PM - 6:15PM // **CYCLE** // STUDIO B // HARPER C.  
6:30PM - 7:15PM // **GBT** // STUDIO A // GRACE G  
V 7:00PM - 7:45PM // **CARDIO DANCE** // STUDIO B // ABIGAIL H.  
7:00PM - 8:00PM // **OUTDOOR YOGA** // FITNESS PARK // PHEOBE C.  
8:00PM - 8:45PM // **BODYPUMP™ 45** // STUDIO A // TAYLOR D.  
8:30PM - 9:15PM // **CYCLE** // STUDIO B // ABBY C.

## TUESDAYS

- 6:30AM - 7:15AM // **CYCLE** // STUDIO B // ALI C.  
7:30AM - 8:15AM // **BODYPUMP™ 45** // STUDIO A // GRACE G.  
8:00AM - 8:30AM // **HIIT CYCLE** // STUDIO B // KATHRYN R.  
8:00AM - 9:00AM // **OUTDOOR YOGA** // FITNESS PARK // ALYSSA G.  
11:15AM - 12:00PM // **CYCLE FUSION** // STUDIO A // KRISTA G.  
V 12:00PM - 12:45PM // **BARRE** // STUDIO B // ASHLEY K.  
1:30PM - 2:00PM // **HIIT CYCLE** // STUDIO B // SOPHIA P.  
3:30PM - 4:15PM // **CYCLE** // STUDIO B // ALLI H.  
4:00PM - 4:45PM // **BODYPUMP™ 45** // STUDIO A // HARPER C.  
V 5:00PM - 6:00PM // **POP PILATES** // STUDIO B // CHRISTINE M.  
5:30PM - 6:30PM // **20/20/20** // STUDIO A // SAM S.  
6:45PM - 7:15PM // **HIIT CYCLE** // STUDIO B // MAX S.  
V 7:15PM - 7:45PM // **CORE CONDITIONING** // STUDIO A // ALISA S.  
V 8:00PM - 8:45PM // **CARDIO DANCE** // STUDIO B // ABIGAIL H.  
8:30 - 9:15 PM // **GBT** // STUDIO A // SIERRA C.

## WEDNESDAYS

- 6:30AM - 7:15AM // **BODYPUMP™ 45** // STUDIO A // ALI C.  
7:00AM - 7:30AM // **HIIT CYCLE** // STUDIO B // LARA K.  
V 8:15AM - 9:15AM // **YIN YOGA** // STUDIO B // PHEOBE C.  
8:30AM - 9:15AM // **BODYPUMP™ 45** // STUDIO A // CORINNE S.  
10:00AM - 10:45AM // **CYCLE** // STUDIO B // COURTNEY C.  
V 10:30AM - 11:00AM // **CXWORX™** // STUDIO A // LINDSEY G.  
11:30AM - 12:15PM // **CYCLE & BARRE** // STUDIO B // CHRISTINE M.  
12:30PM - 1:15PM // **BODYPUMP™ 45** // STUDIO A // GRACE G.  
V 1:15PM - 2:00PM // **PILATES** // STUDIO B // LARA K.  
V 4:00PM - 4:45PM // **BARRE** // STUDIO B // ASHLEY K.  
5:00PM - 5:45PM // **CARDIO STEP** // STUDIO A // VICKY L.  
5:30PM - 6:15PM // **CYCLE** // STUDIO B // MAX S.  
6:30PM - 7:15PM // **BODYPUMP™ 45** // STUDIO A // HARPER C.  
V 7:00PM - 7:45PM // **CARDIO DANCE** // STUDIO B // RACHEL F.  
7:00PM - 8:00PM // **OUTDOOR YOGA** // FITNESS PARK // CHRISTINE M.  
8:00PM - 9:00PM // **20/20/20** // STUDIO A // ABBY M.  
8:30PM - 9:15PM // **CYCLE** // STUDIO B // KAMERON C.

## THURSDAYS

- 6:30AM - 7:15AM // **CYCLE** // STUDIO B // LIBBY H.  
7:30AM - 8:15AM // **BODYPUMP™ 45** // STUDIO A // LINDSEY G.  
8:00AM - 8:30AM // **HIIT CYCLE** // STUDIO B // EMMA C.  
8:00AM - 9:00AM // **OUTDOOR YOGA** // FITNESS PARK // ANNA G.  
V 11:15AM - 12:00PM // **BODYCOMBAT™** // STUDIO A // CHRISTINE M.  
12:00PM - 12:45PM // **POP PILATES** // STUDIO B // TRINITY J.  
1:30PM - 2:00PM // **HIIT CYCLE** // STUDIO B // LISA C.  
3:30PM - 4:15PM // **CYCLE** // STUDIO B // EMMA B.  
4:00PM - 4:45PM // **BODYPUMP™ 45** // STUDIO A // TAYLOR D.  
V 5:00PM - 6:00PM // **BARRE** // STUDIO B // LARA K.  
5:30PM - 6:00PM // **CXWORX™** // STUDIO A // JODI K.  
6:45PM - 7:45PM // **BODYPUMP™** // STUDIO A // CORINNE S.  
7:00PM - 7:30PM // **HIIT CYCLE** // STUDIO B // JENNA E.  
V 8:15PM - 9:00PM // **CARDIO DANCE** // STUDIO B // RACHEL F.  
8:30PM - 9:15PM // **GBT** // STUDIO A // MEGAN M.

## FRIDAYS

- 7:00AM - 7:45AM // **CYCLE** // STUDIO B // COURTNEY C.  
V 8:30AM - 9:15AM // **POP PILATES** // STUDIO B // TRINITY J.  
V 9:30AM - 10:00AM // **CXWORX™** // STUDIO A // JODI K.  
10:15AM - 10:45AM // **HIIT CYCLE** // STUDIO B // MAX S.  
11:30AM - 12:15PM // **CYCLE & CORE** // STUDIO B // EMMA C. & CHRISTINE M.  
12:30PM - 1:15PM // **BODYPUMP™ 45** // STUDIO A // CHRISTINE M. & CORINNE S.  
4:00PM - 4:45PM // **BODYPUMP™ 45** // STUDIO A // HARPER C.  
V 4:30PM - 5:15PM // **CARDIO DANCE** // STUDIO B // RACHEL F.  
5:30PM - 6:30PM // **20/20/20** // STUDIO A // NICOLE P.  
6:00PM - 6:45PM // **CYCLE** // STUDIO B // KAMERON C.

## SATURDAYS

- V 12:00PM - 12:45PM // **CARDIO DANCE** // STUDIO A // NICOLE B.  
V 1:00PM - 1:45PM // **POWER YOGA** // STUDIO B // CHRISTINE M.  
2:45PM - 3:30PM // **CYCLE** // STUDIO B // KAMERON C.

## SUNDAYS

- 12:00PM - 12:45PM // **CYCLE & ARMS** // STUDIO B // HARPER C.  
1:15PM - 2:15PM // **BODYPUMP™** // STUDIO A // TAYLOR D.  
V 3:00PM - 3:30PM // **CORE CONDITIONING** // STUDIO A // NICOLE P.  
V 4:00PM - 5:00PM // **RESTORATIVE YOGA** // STUDIO B // ANNA G.  
4:15PM - 5:00PM // **CYCLE** // STUDIO A // LISA C.  
5:45PM - 6:30PM // **CYCLE** // STUDIO B // ABBY C.  
7:45PM - 8:45PM // **SUNSET YOGA** // FITNESS PARK // CHRISTINE M.

## VIRTUAL-ONLY CLASSES

- V **MON** // 2:15PM - 2:45PM // **HOKIE HIIT** // SAM S.  
V **TUE** // 2:15PM - 2:45PM // **CXWORX™** // LINDSEY G.  
V **WED** // 2:15PM - 2:45PM // **HOKIE HIIT** // MAX S.  
V **THU** // 2:15PM - 2:45PM // **CORE** // NICOLE P.  
V **FRI** // 2:15PM - 2:45PM // **HOKIE HIIT** // ABBY M.



CLASS WILL BE OFFERED VIRTUALLY VIA LIVE-STREAM. FALL 2020 FULL PASS AND VIRTUAL PASS MEMBERS ARE ELIGIBLE TO PARTICIPATE. EARLY BIRD PASS MEMBERS ARE ELIGIBLE TO TAKE ALL CLASSES FROM 6:00AM - 2:00PM

# GROUP EX



FALL 2020

Virtual classes are taught by our instructors and live-streamed from McComas Hall's Group Exercise Studios. Participants must register for classes in advance to receive login credentials

## MONDAYS

8:15AM - 9:15AM // **POP PILATES** // STUDIO B // TRINITY J.  
10:30AM - 11AM // **CXWORX™** // STUDIO A // LINDSEY G.  
1:15PM - 2:00PM // **BARRE** // STUDIO B // SAVANNAH M.  
2:15PM - 2:45PM // **HOKIE HIIT** // SAM S.  
4:00PM - 4:45 PM // **POWER YOGA** // STUDIO B // PHEOBE C.  
7:00PM - 7:45 PM // **CARDIO DANCE** // STUDIO B // ABIGAIL H.

## TUESDAYS

12:00PM - 12:45PM // **BARRE** // STUDIO B // ASHLEY K.  
2:15PM - 2:45PM // **CXWORX™** // LINDSEY G.  
5:00PM - 6:00PM // **POP PILATES** // STUDIO B // CHRISTINE M.  
7:15PM - 7:45PM // **CORE CONDITIONING** // STUDIO A // ALISA S.  
8:00PM - 8:45PM // **CARDIO DANCE** // STUDIO B // ABIGAIL H.

## WEDNESDAYS

8:15AM - 9:15AM // **YIN YOGA** // STUDIO B // PHOEBE C.  
10:30AM - 11:00AM // **CXWORX™** // STUDIO A // LINDSEY G.  
1:15PM - 2:00PM // **PILATES** // STUDIO B // LARA K.  
2:15PM - 2:45PM // **HOKIE HIIT** // MAX S.  
4:00PM - 4:45PM // **BARRE** // STUDIO B // ASHLEY K.  
7:00PM - 7:45PM // **CARDIO DANCE** // STUDIO B // RACHEL F.

## THURSDAYS

11:15AM - 12:00PM // **BODYCOMBAT™** // STUDIO A // CHRISTINE M.  
2:15PM - 2:45PM // **CORE CONDITIONING** // NICOLE P.  
5:00PM - 6:00PM // **BARRE** // STUDIO B // LARA K.  
8:15PM - 9:00PM // **CARDIO DANCE** // STUDIO B // RACHEL F.

## FRIDAYS

8:30AM - 9:15AM // **POP PILATES** // STUDIO B // TRINITY J.  
9:30AM - 10:00AM // **CXWORX™** // STUDIO A // JODI K.  
2:15PM - 2:45PM // **HOKIE HIIT** // ABBY M.  
4:30PM - 5:15PM // **CARDIO DANCE** // STUDIO B // RACHEL F.

## SATURDAYS

12:00PM - 12:45PM // **CARDIO DANCE** // STUDIO A // NICOLE B.  
1:00PM - 1:45PM // **POWER YOGA** // STUDIO B // CHRISTINE M.

## SUNDAYS

3:00PM - 3:30PM // **CORE CONDITIONING** // STUDIO A // NICOLE P.  
4:00PM - 5:00PM // **RESTORATIVE YOGA** // STUDIO B // ANNA G.

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