

# McCOMAS GROUP EXERCISE

SPRING 2025

	MON	TUE	WED	THUR	FRI
6AM					
7AM					
8AM					
9AM					
10AM					
11AM					
12PM	12:30-1:15 TREDZ	12:30-1:15 HI FITNESS	12:30-1:15 TREDZ	12:30-1:15 CARDIO DANCE	
1PM					
2PM					
3PM					
4PM					
5PM	5:15-6:00 BODYPUMP	5:00-5:45 POP PILATES	5:15-6:00 BODYPUMP	5:00-5:45 CARDIO DANCE	
6PM					
7PM		7:00-7:45 PILATES			

	SAT	SUN
10AM		
11AM		
12PM		
1PM		
2PM	2:30-3:15 BODYPUMP	
3PM		
4PM		
5PM		

**LOCATION KEY**

STUDIO A
STUDIO B
TREDZ

**MEMBERSHIP OPTIONS**

**FULL PASS**  
Access to all in-person group ex, F45 and virtual classes  
**\$55/SEMESTER**

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**EARLY BIRD**  
Access to all in-person group ex, F45 and virtual classes from 6AM-2PM  
**\$35/SEMESTER**

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**VIRTUAL**  
Access to all classes in Studios A & B virtual live-stream  
**\$30/SEMESTER**

FOR INFO AND TO PURCHASE A MEMBERSHIP, VISIT [RECSPORTS.VT.EDU/GROUPEX](https://recsports.vt.edu/grouplex) OR SCAN QR CODE

