

WAR MEMORIAL

GROUP EXERCISE SPRING 2025

FOR INFO AND TO PURCHASE A
MEMBERSHIP, VISIT
RECSPTS.VT.EDU/GROUPEX
OR SCAN QR CODE



	MON	TUE	WED	THU	FRI
7AM		7:30-8:15 BODYPUMP		7:30-8:15 BODYPUMP	
8AM	8:00-8:45 BODYPUMP 8:00-8:45 YOGA		8:00-8:45 BODYPUMP	8:00-8:45 FLOW YOGA	
9AM	9:00-9:45 BARRE	9:15-10:00 YOGA 9:00-9:45 PILATES	9:15-10:00 YOGA 9:00-9:45 PILATES	9:00-9:45 BARRE	9:15-10:00 YOGA 10:00-10:45 BODYPUMP
10AM					11:00-11:45 BARRE
11AM	11:00-11:45 POWER PILATES		11:00-11:45 BARRE		
12PM	12:30-1:15 BODYPUMP 12:15-1:00 RESTORATIVE YOGA	12:15-12:45 BODYPUMP 30 12:15-1:00 YOGA	12:15-1:00 BODYBALANCE 12:30-1:15 BODYPUMP	12:15-1:00 YOGA 12:15-1:00 BARRE	12:15-1:00 POWER YOGA
1PM					2:30-3:15 PILATES 3:00-3:45 BODYPUMP
2PM		2:30-3:15 CARDIO KICKBOXING		2:00-2:45 TOTAL BODY STRENGTH	
3PM	3:30-4:15 BARRE	3:30-4:15 RESTORATIVE YOGA	3:30-4:15 BARRE	3:30-4:15 YOGALATES	
4PM	4:30-5:15 BODYPUMP	4:30-5:15 TOTAL BODY STRENGTH 4:15-5:00 POWER PILATES	4:30-5:15 BODYPUMP	4:30-5:15 TOTAL BODY STRENGTH 4:15-5:00 POWER PILATES	
5PM	5:30-6:15 YOGA	5:30-6:15 BARRE	5:00-5:45 PILATES 5:30-6:15 DEEP STRETCH YOGA	5:30-6:15 PILATES	
6PM	5:45-6:30 TOTAL BODY STRENGTH 6:15-7:00 PILATES	5:45-6:30 BODYPUMP 6:00-6:45 YOGA	5:45-6:30 TOTAL BODY STRENGTH 6:15-7:00 PILATES	5:45-6:30 BODYPUMP 6:00-6:45 YOGA	
7PM	7:15-8:00 BODYPUMP 7:00-7:45 RESTORATIVE YOGA	7:30-8:15 LES MILLS TONE	7:15-8:00 BODYPUMP 7:00-7:45 FLOW YOGA		
8PM	8:00-8:45 YOGA		8:00-8:45 YOGA		

	SAT	SUN
12PM	12:30-1:15 BODYPUMP	
1PM		
2PM		2:30-3:15 FLOW YOGA
3PM		3:00-3:45 BODYPUMP

LOCATION KEYS
STUDIO 160
YOGA STUDIO STUDIO 117
PILATES & BARRE STUDIO STUDIO 118
<small>FACULTY/STAFF ONLY CLASSES</small>
*** STUDIO 160 ### STUDIO 117

MEMBERSHIP OPTIONS
FULL PASS Access to all in-person group ex, F45 and virtual classes \$55/SEMESTER
EARLY BIRD Access to all in-person group ex, F45 and virtual classes from 6AM-2PM \$35/SEMESTER
VIRTUAL Access to all classes in Studios A & B virtual live-stream \$30/SEMESTER