

GROUP EXERCISE SCHEDULE *McCOMAS - SPRING 2025*



STUDENT AFFAIRS
RECREATIONAL SPORTS
VIRGINIA TECH

MONDAY

12:30-1:15 pm - TREDZ (3rd Floor Treadmills)
5:00-5:45 pm - POP Pilates in Studio B
5:15-6:00 pm - Bodypump in Studio A

TUESDAY

12:30-1:15 pm - Hi Fitness in Studio B
7:00-7:45 pm - Pilates in Studio B

WEDNESDAY

12:30-1:15 pm - TREDZ (3rd Floor Treadmills)
5:00-5:45 pm - Cardio Dance in Studio B
5:15-6:00 pm - Bodypump in Studio A

THURSDAY

12:30-1:15 pm - Cardio Dance in Studio B

SATURDAY

2:30-3:15 pm - Bodypump in Studio A

MEMBERSHIP OPTIONS

FULL PASS

Access to all in-person group
exercise, F45, and virtual classes
\$55/SEMESTER

EARLY BIRD

Access to all in-person group
exercise, F45, and virtual classes
\$35/SEMESTER

WEEKEND HOURS

McComas opens at 10am
on Saturday and Sunday