

Pick up your *Raider Xcape* card today! Attend fitness classes, win cool prizes!

## Pick the *RaiderX* or *X<sup>2</sup>* class that is right for you!

CLASS - <i>Raider X2</i> classes in italics	Cardio	Strength	Core	Mind/Body
ABS			X	
Advanced Step	X			
<i>Argentine Tango/Latin Dance</i>	X		X	
<i>Ballet/Jazz</i>	X		X	
<i>Basic Swing Dance/Blues Fusion</i>	X		X	
<i>Belly Dancing</i>	X		X	
Body Sculpting		X		
BOSU	X	X	X	
<i>Boxing Techniques</i>	X	X	X	
Cardioboxing	X			
Cardio Circuit	X			
Cardio Funk	X		X	
Cardio Step	X			
Deep Water AC	X	X		
<i>Hula Dance</i>	X		X	
Interval Step	X			
<i>Irish Dance</i>	X		X	
<i>Mat Pilates</i>			X	X
<i>Military Challenge</i>	X	X		
Power Ball		X		
<i>Power Yoga</i>	X			X
<i>Prenatal Water Fitness</i>	X	X		
Rock Bottoms		X		
Rip n Rope	X		X	
<i>Self Defense</i>	X	X	X	
<i>Spin</i>	X			
<i>Spin n ABS</i>	X		X	
<i>Spin n Weights</i>	X	X		
<i>Spin n Yoga</i>	X			X
Step 101	X			
Step Xpress	X			
Water Boxing	X	X		
Water Fitness	X	X		
Xtra Strength		X		
<i>Yoga</i>				X
<i>Yogilates</i>				X