## Raider X Schedule

<table>
<thead>
<tr>
<th>CARDIO</th>
<th>STRENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kickboxing HIIT</strong> is a challenging cardiovascular and full body workout. We'll have you kicking, punching and blocking in intervals to get your heart pumping. <strong>H/M</strong></td>
<td><strong>Core</strong> is a 20-minute abdominal and back strengthening workout. <strong>M/L</strong></td>
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<td><strong>TurboKick®</strong> combines a mix of kickboxing and simple dance moves to heart pounding dance music that will have you looking forward to your next workout. <strong>H/M</strong></td>
<td><strong>Power Cycle</strong> simulates the outdoor biking experience. Combining basic, rhythmic, and athletic cycling drills with guided focus and motivational music. This is truly a challenging and exhilarating workout. <strong>H/M</strong></td>
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<td><strong>Total Body Burn</strong> is a well-rounded, fast-paced class combining resistance training, plyometrics, cardio and core strengthening. Get ready to Burn! <strong>H/M</strong></td>
<td><strong>Barre</strong> is a ballet style workout designed to effectively strengthen, tone, and balance the entire body. You will focus on form and precision while performing small isometric movements. <strong>H/M/L</strong></td>
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<td><strong>Step and Sculpt</strong> is a fun way to sweat to the beat using step risers to get your heart pumping. This class uses toning exercises while incorporating cardio to get an all-around workout for your body <strong>H/M</strong></td>
<td><strong>Sculpt Xpress</strong> is a 30min class that uses body bars, tubes, free weights, and your own body weight to get a fast muscle toning experience. <strong>M/L</strong></td>
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<td><strong>Hiit</strong> stands for High Intensity Interval Training, in this class you will be completing various types of exercises in an interval fashion to torch calories; let the endorphins ensue! <strong>H/M</strong></td>
<td><strong>Athletic Conditioning</strong> offers agility, power, strength, and cardio exercises in a combination of intervals and circuits to get you in top shape. <strong>H/M</strong></td>
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| **Yoga/Beginner Yoga** covers the basics of yoga including proper alignment, modifications for injuries, and proper breathing techniques. **M/L** | **Fitness Intensity Key**
| **The Baptiste Yoga™** is a potent physical yoga and meditation practice, in which active self-inquiries are used as tools of transformation. This yoga is designed to empower you with focus, training, and insight. **M/L** | **H - High Intensity**
| **Kripalu Yoga** is a form of Hatha Yoga using inner focus, meditation, standard yoga poses, breath-work, "development of a quiet mind" and relaxation. **L/M** | **M - Moderate Intensity**
| **Yoga at the Barre** in this class participants will begin with a bare workout and then halfway through will transition into a fast paced yoga toning workout to finish. **H/M/L** | **L - Low Intensity**

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<td><strong>Ashtanga Yoga</strong> teaches the fundamentals such as sun salutations, ujjayi breathing, energy locks, and vinyasas to prepare you for the full primary series of Ashtanga Yoga. <strong>M/L</strong></td>
</tr>
<tr>
<td><strong>Yoga for Athletes</strong> covers the basics of yoga including proper alignment, modifications for injuries, and proper breathing techniques, but is designed to work on flexibility, balance, and kinesthetic awareness to improve athletic performance. <strong>M/L</strong></td>
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<td><strong>Flex &amp; Flow Yoga</strong> offers accessible alignment through the use of flow between poses to cultivate physical and emotional openings. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. <strong>M/L</strong></td>
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<td><strong>Oils &amp; Asanas</strong> is ashtanga yoga with a focus on controlled breathing (pranayama) and a blend of intense asanas and deep stretches, this class will cleanse the mind, body, and spirit in an invigorating way. The use of essential oils will be incorporated to deepen the practice and strengthen the inner self. <strong>M/L</strong></td>
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<td><strong>Yoga for Everybody</strong> is a yoga practice in a judgement free zone for beginners and veterans alike. Yoga for everybody includes breath control, simple meditation of specific bodily postures, for health and relaxation. <strong>M/L</strong></td>
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