




PAID INSTRUCTIONAL CLASSES



Dance Classes		Small Group Training	
Beginner Bachata -Learn the basics of Bachata - Build a stronger relationship to the music and partner - Learn techniques and enhance musicality H/M/L	Breakdancing - Intricate body movements -Strong acrobatic moves H/M	Acro Yoga Basics (no partner required) - Combines yoga and acrobatics - No experience needed H/M	Boxing Technique -Learn footwork, punches and blocks -Learn how to move like a boxer -No contact H/M/L
Beginner Salsa Dance (partner not required) - The classes are structured and progressive -This class will give you the confidence to build your first steps as a salsa dancer. H/M/L	 	BetterBodies Bootcamp - Increase cardiovascular endurance, strength and flexibility through a variety of workouts - Classes may be held indoor or outside - Sweat. Earn your Body H/M/L	TRX - Body Weight Training - Full body workout - Kettlebell, resistance bands and dumbbells are commonly used in combination with the TRX H/M/L
		Self Defense - Designed to make you aware, prepared and ready for any situation to occur in everyday day life. - No contact H/M/L	Olympic Lifting - Learn how to snatch, clean and jerk - Designed for everyone from beginners to experienced lifters H/M/L
			Foundations of Strength Training - Build endurance and develop coordination and balance - Full Body Workout H/M/L

CrossFit Texas Tech

CrossFit- -Constantly varied functional movements executed at High intensity across broad times at modal domains	<u>Morning Access Pass-</u> Recommended for : -Early Birds -Tends to be a consist group	<i>"Look in the mirror, that's your competition"</i> "STRIVE FOR PROGRESS, NOT PERFECTION"	<u>Fitness Intensity Key</u> H - High Intensity M - Moderate Intensity L - Low Intensity
	<u>Afternoon Access Pass-</u> Recommended for : -More Rock'n atmosphere	"You don't have to be great to start, but you DO have to start to be great" "BE STRONGER THAN YOUR EXCUSES"	
	<u>All Access Pass-</u> Recommended for : -Those with busy schedules-more options	<i>"The earlier you start working on something, the earlier you will see results"</i>	