

RaiderX

<i>Schedule is subject to change</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							10:15-11:15 am Zumba Rm 114 Megan
Lunch		12:10-1:00 pm Step Express Rm 114 Amy	12:10-1:00 pm Xtra Strength Rm 114 Angela	12:10-1:00 pm Cardio Circuit Rm 114 Lori	12:10-1:00 pm Body Sculpting Rm 114 Janine	12:10-1:00 pm Cardio boxing Rm 114 Stephanie/Lauren	11:30-11:50 am ABS Rm 114 Megan
Afternoon		4:00-4:50 pm Cardio boxing Rm 114 Arica	4:00-4:50 pm Cardio Circuit Rm 114 Lauren	4:00-4:50 pm BOSU Rm 121 Lauren	4:00-4:50 pm Cardio Step Rm 114 Tara	4:00-4:50pm Xtra Strength Rm 114 Angela	
	4:15-5:15 pm Xtra Strength Rm 114 Blaine	5:00-5:20 PM ABS Rm 114/116 Arica/Abby	5:00-5:20 PM ABS Rm 114/116 Lauren/ Afton	5:00-5:20 PM ABS Rm 114/116 Lauren/Angela	5:00-5:20 PM ABS Rm 114/116 Tara/Leslie	5:00-5:20 PM ABS Rm 114 Angela	
Evening	5:30-6:30 pm Zumba Rm 114 Boston	5:30-6:30 pm Xtra Strength Rm 114 Blaine Water Fitness LP Kelly Rock Bottoms Rm 116 Abby BOSU Rm 121 Angela	5:30-6:30 pm Interval Step Rm 114 Afton Body Sculpting Rm 116 Jennifer	5:30-6:30 pm Cardio Boxing Rm 114 Blaine Water Fitness LP Amanda Power Ball Rm 116 Angela	5:30-6:30 pm Cardio Circuit Rm 114 Abby Body Sculpting Rm 116 Lori	5:30-6:30 pm Zumba Rm 114 Alex	<i>Class Descriptions may be found online at www.recsports.ttu.edu</i>
		6:40-7:00 pm ABS Rm 114/116 Blaine/Akwugo	6:40-7:00 pm ABS Rm 114/116 Megan/Jennifer	6:40-7:00 pm ABS Rm 114/116 Blaine/Stephanie	6:40-7:00 pm ABS Rm 114/116 Abby/Lori		Get Fit on the Climbing Wall! <i>It is FREE to climb!</i>
		7:15-8:15 pm Hip Hop Aerobics Rm 114 Akwugo	7:15-8:15 pm Zumba Rm 114 Megan	7:15-8:15 pm Cardio Dance Rm 114 Stephanie	7:15-8:15 pm Zumba Rm 114 Alex		

Class	Day	Time	Price	Classes Begin	Location	Instructor
*Prenatal Water	T/Th	12:00-1:00pm	\$35 Nonmember \$50	Classes Run Oct 21-Dec 8 Sign Up in the Fit/ Well	LP	Amy
Intro to Triathlon	T/TH	6:15-7:30am	\$45		116	Blaine
Country Dance	T	8:30-9:30pm	\$20		114	Megan
Basic Swing Dance	TH	8:30-9:30pm	\$20		121	Emily/Chris
Intermediate Latin Dance	W	8:30-9:30pm	\$20		114	Jaime/Megan
Jazz Dance	W	8:30-9:30pm	\$20		121	Amy
Belly Dance	T	7:00-8:00pm	\$20		121	Bryanne
**Boxing Techniques	T/Th	4:15-5:15pm	\$35		121	Danny
Meditation	Th	7:00-8:00pm	\$20		121	Demetrius
Spin Classes (6 week session)						
Spin	M/W T/Th	6:15-7:15am 6:15-7:15am	\$30 \$30	Classes Run October 21- December 8 Sign Up in the Fit/ Well	LLMP LLMP	Jennifer Ashlee T
Spin n ABS	M/W	5:30-6:45 pm	\$45		LLMP	Lori/Janine Daniel/Ashlie E Chelsea
	T/Th M/W	5:30-6:45 pm 7:15-8:30pm	\$45 \$45		LLMP LLMP	
Mind and Body Pass \$40 (Pass good for entire Fall Semester; allows access to all Pilates, Yoga, and Yogilates Classes <i>until all equipment is full</i>)						
Mat Pilates	M	4:15-5:15pm		½ price available Oct 17 Classes Run Oct 21- Dec 8 Sign Up in the Fit/ Well	121	Adelaide
	T	12:10-1:00pm			121	Jessica
W	5:30-6:30pm	121			Liz	
F	12:10-1:00 pm				Liz	
Restorative Yoga	W	7am-7:50am			121	Rocky
Yoga	T	5:30-6:30 pm			121	Mariola Chingyi Julie
	W	12:10-1:00pm			121	
	Th	5:30-6:30pm			121	
Power Yoga	M/W	6:45-7:45pm			121	Jackie
Yogilates	M	12:10-1:00pm			121	Veronica Veronica Jessica
	Th	12:10-1:00pm	121			
	F	5:30-6:30 pm	121			

*Prenatal class NONMEMBER \$50

**Hand Wraps must be purchased in Fit/Well for \$6

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RaiderX² Fall classes go for 6-week sessions. Registration is in the Fitness/Wellness Center at the Rec.