

Fall 2008.1

Demos Run Aug. 25-Sept. 6

RaiderX2

Paid Classes Begin Sept. 7

Class	Day	Time	Price	Location	Instructor	
Prenatal Water Fitness	T/Th	5:30-6:30pm	\$60 *Nonmember \$75	AC	Lori S.	Ends Dec. 2
Military Challenge	M/W/F	6:30-7:30am	\$80 (runs 9 weeks)	114	Megan/Stuart	Ends Nov. 7
Racquet Ball Fitness League	Th	6:00-8:00pm	\$20	RB Ct. 7	Daniel	League runs until November 20th.
Ballet/Jazz	W	8:00-9:00pm	\$20	121	Amy	Classes Run for 6 Weeks Sept. 7 - Oct. 18 & Oct. 19 - Dec. 3
Hula	Th	8:00-9:00pm	\$20	121	Jackie	
Latin Dance	T	7:15-8:15pm	\$20	114	Julie R./Jaime	
Basic Swing Dance	M	8:30-9:30pm	\$20	114	Gary/Molly	
Blues Fusion (Partner Required)	W	8:30-9:30pm	\$20	114	Gary/Emily	
Meditation	Th	9:15-10:15pm	\$20	121	Demitrius	
Meditation	W	12:00-1:00pm	\$20	121	Demitrius	
Boxing Techniques	Su	3:30-5:30pm	\$40 Wraps Required Purchase in Fit/Well \$6	121	Kyle	
	T/Th	4:15-5:15pm			Justin	
	W	9:15-11:00pm			Charlene	
Spin Pass \$90 (allows access to all spin classes until all equipment is full)**						
Spin	M-Th	6:15-7:15am		LLMP	Lori T.	**Heart Rate Monitor Straps may be purchased in Fit/Well for \$8
	M/W	8:30-9:30pm			Stuart/Jessica K.	
Spin n ABS	Su-Th	5:30-6:45pm			Chelsea-Jon-Kristine	
Spin n Weights	M-W	7:00-8:15pm			Blaine-Daniel	
	F	5:30-6:45pm			Chelsea	
Mind and Body Pass \$75 (allows access to all Pilates, Yoga, and Yogilates Classes until all equipment is full)						
Mat Pilates	M/W	4:15-5:15pm		121	Megan/Lori	All Spin and Mind/Body Classes Run for the Entire Semester. Sept. 7-Dec. 3 Spin & Mind/Body Passes work on a <i>first come, first serve</i> basis.
	T	6:30-7:30am			Kati C.	
	T	5:30-6:30pm			Julie M.	
	W	10:30-11:30am			Kati C.	
	Th	6:45-7:45pm			Cori	
Flow Yoga	T	12:10-1:00pm			Hannah	
Yoga	Th	5:30-6:30pm			Julie M.	
	W	6:30-7:30am			Kati C.	
Restorative Yoga	T	8:30-9:30pm			Rocky	
Power Yoga	M/W	6:45-7:45pm			Jackie	
Yogilates	M/W	5:30-6:30pm			Lori S./Leslie	
	Th	6:30-7:30am			Arica	
	F	10:30-11:30am			Arica	

Register in the Fitness/Wellness Center at the Rec. beginning on Tue, Sept 2

Check www.recsports.ttu.edu for update and class descriptions