# RaiderFit Premium (Paid Instructional Classes) January 27-March 9

**Register online: *register.recsports.ttu./edu* or in person in the fitwell office**

These classes deliver fitness and education through specialized formats. Each class builds upon lessons learned in previous sessions. Due to the specific equipment and progressive nature of every class, there is a fee which covers the entire 5 weeks. Your instructor and fellow class participants will remain consistent.

## Small Group Training

| Class | Location | Day | Time | Cost | Instructor |
|---|---|---|---|---|---|
| Olympic Lifting | CrossFit TTU | Sunday | 12:15-1:15pm | $15 | Savanna |
| Foundations of Strength | LLMP | M | 5:30-6:30pm | $15 | Zack |
| **Speciality Fitness Classes** | | | | | |
| AcroYoga Basics *partner required | RM 116 | T | 5:30-6:30pm | $25 | Rafael and Mckenzie |
| Inversions | LLMP | M | 6:30-7:30pm | $15 | Anthony |
| Beginner Bachata (partner not required) | RM 114 | W | 7:00-7:50pm | $25 | Megan and Glen |
| Breakdancing | LLMP | TH | 7:00-8:00pm | $15 | Logan |
| **Fitness Swimming Classes** | | | | | |
| **$30 Pass all classes included** | Aquatics Center | T | 6:15am-7:15am | Swim Pass | TBA |
| | Aquatics Center | TH | 7:30pm-8:30pm | Swim Pass | TBA |
| | Aquatics Center | Saturday | 10:00am-11:00am | Swim Pass | TBA |

**Classes Run for 5 Weeks**

Try a class before you register!

**FREE Week**

Jan 27-Feb 2nd

Classes are held

Feb 3- March 9

**Register Online:**

register.recsports.ttu.edu or in person in the fitwell office

**FitWell Class Decriptions are avaliable online:**

**www.recsports.ttu.edu**

**Fitness Swimming Classes will be held in the aquatics center and operated by aquatics center staff. Purchase a $30 pass in the Fit/Well Office and gain access to all of the Fitness Swimming Classes offered on this schedule.**

Follow us on all Social Media Platforms: @tturecsports

These classes are held in our CrossFit Box. There are 3 packages to choose from that allow you to have options that fit your schedule. The CrossFit Texas Tech community allows you to be part of a family and have a home away from home. Talk to the CrossFit coaches to find out how you can be more involved.

## CrossFit Texas Tech

Classes Limited to 20 people per class

### Morning Pass

| Day | Time | | Instructor |
|---|---|---|---|
| Monday | 6:15-7:15am | 7:30-8:30am | Brittany and Josh |
| Tuesday | 6:15-7:15am | 7:30-8:30am | Savanna and Zack |
| Wednesday | 6:15-7:15am | 7:30-8:30am | Brittany and Josh |
| Thursday | 6:15-7:15am | 7:30-8:30am | Savanna and Zack |
| Friday | 6:15-7:15am | 7:30-8:30am | Brittany and Zack |

### Afternoon Pass

| Day | Time | | Instructor |
|---|---|---|---|
| Monday | 4:30-5:30pm | 5:30-6:30pm | Savanna and Audrey |
| Tuesday | 4:30-5:30pm | 5:30-6:30pm | Josh and Tom |
| Wednesday | 4:30-5:30pm | 5:30-6:30pm | Savanna and Audrey |
| Thursday | 4:30-5:30pm | 5:30-6:30pm | Brittany and Josh |
| Friday | 4:30-5:30pm | 5:30-6:30pm | Tom and Audrey |

**Classes Run for 6 Weeks**

Session 1: Jan 28-March 8

**FREE WEEK** Jan 22-27

Session 2: March 25-May 7

**FREE WEEK** March 18-23

**Morning Access Pass-$75**

Includes:
Morning classes
Beyond the Whiteboard App
Saturday WOD

**Afternoon Access Pass-$75**

Includes:
Afternoon classes
Beyond the Whiteboard App
Saturday WOD

**All Access Pass-$85**

Includes:
All morning and afternoon classes
Beyond the Whiteboard App
Saturday WOD

*Beginners are Welcome

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