

RaiderFit Group Fitness Classes (FREE)

Intensity Scale
H = High
M = Medium
L = Low

Cardio Class Name	Class Description	Intensity
Cardio Dance	A dance fitness class that will feel more like a party than a workout. This class will combine easy to follow cardio dance moves with Plyometrics for a total body burn.	H/M/L
Zumba®	An easy-to-follow Latin-inspired dance fitness party™	H/M/L
Cardio HIIT	A class full of high energy cardio exercises and high intensity interval training.	H/M
Water Fitness	A pool workout that involves interval and resistance training.	H/M/L
Lazy River Workout	Challenge your heart and muscles as you walk, jog, and run for a workout that is easy on the your joints.	M/L
HIIT the Step	A workout with creative combinations of step aerobics and high intensity interval training.	H/M
Cycle (Sunrise Cycle/Powercycle)	An indoor cycling workout that simulates the outdoor cycling experience with a mix of basic, rhythmic, and athletic cycling drills.	H/M
Turbokick ®	A combination of kickboxing and simple dance moves to fun, upbeat music.	H/M
Tabata and Tone	Strength based exercises in a circuit format, designed to build strength and increase cardiovascular endurance.	H/M

Strength Class Name	Class Description	Intensity
Core	High energy 20-minute abdominal and back strengthening workout.	H/M/L
Barre Strong	This interval training class combines muscle sculpting and lengthening barre moves, weight training, and low impact cardio segments.	H/M/L
Booty Fusion	A class designed to increase your cardio strength, improve posture, build confidence, and re-energize, while helping you tone, sculpt, lift and lengthen your muscles from head to toe, with focus on your booty!	H/M/L
Raider Pump	A total body strengthening class primarily using barbells.	H/M
Bootylicious	A 30-minute high intensity workout with one goal in mind, to lift, firm, and shape your booty using body weight, booty bands and Gliders.	H/M/L
Sweat and Sculpt	A firey combination of full body strength based exercises mixed with cardio movements to get your heart pumping and your muscles moving.	H/M/L
Triple Threat	A strength, HIIT style cardio, and stretching class	H/M/L

Mind/Body Class Name	Class Description	Intensity
Yoga + Meditation	Gentle Yoga, Meditation & Pranayama (Breath) Class: Gentle Yoga and Meditation Class. This class is a gentle, slow paced reflective yoga.	M/L
Barre	A fusion workout incorporating elements of Pilates, Ballet, and Yoga, that uses strength techniques in order to improve overall strength and flexibility.	H/M
Integrative Yoga	A yoga class combining elements of asana, pranayama, mudra, yoga Nidra, mantra, and meditation.	M/L
Kripalu Yoga	A form of yoga which emphasizes inner focus, standard yoga poses, breath work, and mental clarity for relaxation.	M/L
Pilates	A class for all levels that emphasizes muscular strength, endurance, flexibility, and balance, with an emphasis on the core muscles.	H/M/L
Power Vinyasa Yoga	A flowing series of poses with controlled breathing that incorporates quickly paced flows to improve muscular strength and endurance.	H/M/L
Vinyasa Yoga	A flow of yoga postures synchronized to the breath to improve muscular strength, flexibility, and mental clarity.	M/L
Slow Flow Yoga	This style usually provides poses that range from gentle to challenging, but done with stable, self-centering energy. The pace of these classes is slower and emphasis is placed on safe alignment, maintaining balance, and breath.	H/M/L
Yoga	An all-inclusive class that focuses on improving mental clarity, muscular balance, strength, flexibility and endurance.	H/M/L
Yogalates	A combination of pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. Helps develop your core strength and stabilization through pilates poses, improves flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.	H/M/L

HIIT Class Name	Class Description	Intensity
HIIT Circuit Training	A workout that implements stations and high intensity interval training to improve muscular strength, endurance, and cardiovascular fitness.	H/M