## RaiderFit Premium Paid Fitness Classes

<table>
<thead>
<tr>
<th>Intensity Scale</th>
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<tbody>
<tr>
<td>H = High</td>
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<td>M = Medium</td>
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<tr>
<td>L = Low</td>
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### CrossFit Texas Tech
- **Class Description**: Constantly varied functional movements executed at High intensity across broad times at modal domains *All Levels Welcome*
- **Intensity**: H/M/L

### Semester Pass
**Olympic Lifting**
- A one-hour class that focuses primarily on improving technical execution of snatch, clean & jerk. Accessory lifts will include the front squat, clean or snatch pull, and push press. Designed to help improve technique, efficiency and coordination.
- **Intensity**: H/M/L

**Powelifting**
- This class is designed to help participants increase their strength and technique in the high bar or low bar back squat, bench press, and sumo or contentional deadlift. Participants can look forward to an increase in overall strength as well as technique in the big three.
- **Intensity**: H/M/L

**Resistance Training 101**
- This class is a progression based class that starts from basic movement patterns and will increase as the weeks go by. This program is made to help you increase your strength and help you meet your fitness goals. Participants will get one to one direction in a group setting.
- **Intensity**: H/M/L

### 6-Week Sessions
**Beginner Bachata (Partner not required)**
- A introduction to Bachata and its basic fundamental dance moves. At the end of the course, you can take everything you learned and apply it on the dance floor at your next Latin dance party.
- **Intensity**: M/L

**Boxing**
- Get ready to sweat! This class combines basic boxing fundamentals, plyometrics and High Intensity Interval Training to push you to your limits and strengthen your stamina, endurance, flexibility and balance. *All levels welcome.*
- **Intensity**: H/M/L

### Swimming Classes
**Fitness Swimming Classes**
- This swim program includes workout drills to help with stamina, endurance and technique.
- **Intensity**: H/M/L