**Hiring Personal Trainers and Fitness Instructors**

Come to our interest meeting on September 4th at 5:30pm in room 201 of the Student Recreation Center. For more information regarding certification courses please visit: [https://bit.ly/2Mb2YIU](https://bit.ly/2Mb2YIU)

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### Olympic Lifting
- **Location**: CrossFit TTU
- **Day**: T/TH
- **Time**: 6:30-7:30pm
- **Cost**: $60
- **Instructor**: Savanna and Zack

### Powerlifting
- **Location**: CrossFit TTU
- **Day**: T/TH
- **Time**: 6:30-7:30pm
- **Cost**: $60
- **Instructor**: Christian and Grayson

### Resistance Training 101
- **Location**: PT RM
- **Day**: M
- **Time**: 5:30-6:30pm
- **Cost**: $15
- **Instructor**: Brittany

### Bootcamp
- **Location**: LLMP
- **Day**: T/TH
- **Time**: 5:30-6:30pm
- **Cost**: $15
- **Instructor**: Alberto

### Boxing
- **Location**: RM 121
- **Day**: M
- **Time**: 7:00-8:00pm
- **Cost**: $15
- **Instructor**: Isaiah

### Beginner Bachata (partner not required)
- **Location**: RM 114
- **Day**: W
- **Time**: 7:10-8:10pm
- **Cost**: $25
- **Instructor**: Megan and Glen

### Classes Limited to 20 people per class

**Semester Pass Sep 2nd - Nov. 22nd**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:15-7:15am</td>
<td>Audrey &amp; Luke</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:15-7:15am</td>
<td>Josh</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:15-7:15am</td>
<td>Audrey &amp; Savanna</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:15-7:15am</td>
<td>Zack &amp; Savanna</td>
</tr>
<tr>
<td>Friday</td>
<td>6:15-7:15am</td>
<td>Audrey &amp; Zack</td>
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**6-Week Classes Sep 2nd - Oct 11th**

- **Session 1**: Sep 2nd - Oct 11th
- **Session 2**: Oct 14th - Nov 22nd

### Fitness Swimming Classes

- **Swim Pass**: TBA
- **Morning Pass**: 6:15am-7:15am
- **Afternoon Pass**: 7:30-8:30am

### RaiderFit Premium (Paid Instructional Classes)

**Register online**: [register.recsports.ttu.edu](http://register.recsports.ttu.edu) or in person in the FitWell Office

**CrossFit Texas Tech**

**Morning Pass**

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<thead>
<tr>
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<tbody>
<tr>
<td>Monday</td>
<td>6:15-7:15am</td>
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</tr>
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<td>6:15-7:15am</td>
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<td>6:15-7:15am</td>
<td>Zack &amp; Savanna</td>
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<tr>
<td>Friday</td>
<td>6:15-7:15am</td>
<td>Audrey &amp; Zack</td>
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**Afternoon Pass**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Instructor(s)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>4:30-5:30pm</td>
<td>Savanna &amp; Josh</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4:30-5:30pm</td>
<td>Luke &amp; Audrey</td>
</tr>
<tr>
<td>Wednesday</td>
<td>4:30-5:30pm</td>
<td>Zack</td>
</tr>
<tr>
<td>Thursday</td>
<td>4:30-5:30pm</td>
<td>Luke</td>
</tr>
<tr>
<td>Friday</td>
<td>4:30-5:30pm</td>
<td>Tom &amp; Zack</td>
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**All Access Pass-$85**

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

**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

*$10 discount applied when full semester purchased*

Follow us: @tturecsports

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*Beginners are Welcome!*