Raider X Class Descriptions

Cardio

**Hip Hop** incorporates hip hop music and moves, while using aerobic and toning exercises. This class is fun for people of all fitness levels.

**Step and Intervals** is a fun way to sweat to the beat using step risers to get your heart pumping. This class uses toning exercises while incorporating cardio to get an all-around work out for your body.

**TurboKick®** uses a mix of kickboxing and simple dance moves set to heart pounding dance music that will have you looking forward to your next workout.

**Zumba®** is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that is moving millions of people toward joy and health.

Mind and Body Classes

**Beginner Yoga** introduces the basics of Yoga. This one hour class will cover the basics of yoga including proper alignment, modifications for injuries, and proper breathing techniques. Beginner yoga is perfect for those who have never taken Yoga before, those in need of a refresher, or those who simply want a basic class.

**Baptiste Power Yoga™** is designed to empower you with the focus, training and insight you need to achieve consistent results in the most important areas of your life. A potent physical yoga practice, meditation practice and active self-inquiry are used as tools of transformation – encouraging participants to reclaim their full potential, discover creativity, awaken passion, and create authenticity, confidence and new possibilities.

**Yoga** is a challenging, non-competitive, physical and introspective class teaching discipline, flexibility, and balance.

**Ashtanga Yoga** is an intro class that will teach the fundamentals of ashtanga yoga such as sun salutations, ujjayi breathing, energy locks, and vinyasas to prepare you for the full primary series of Ashtanga Yoga. Ashtanga’s intensity can also invoke positive life transformations, helping you to live fully with a deep sense of yourself in your daily life. The set sequences of postures are designed to bring incredible strength, flexibility, and endurance to the body, while also bringing a sense of stillness to the mind.

**Kripalu Yoga** is a healing, transformative style of Yoga that goes beyond physical poses to cultivate awareness and self-acceptance. It is often described as a form of meditation in motion, in which practitioners learn to honor their body’s needs in each moment by focusing awareness on physical sensation, emotional states, and mental cognitions.

**Yogalates** combines Yoga and Pilates moves to target the core, tone muscles, enhance strength, increase flexibility, and reduce stress.

**Mat Pilates** is a system of controlled exercises that engage the mind and condition the entire body. The blend of strength and flexibility training improves posture, reduces stress, and builds long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked while the body moves as an efficient, holistic system in sport and daily activity. Movements focus on the core muscle groups for a challenging workout.

**Integrative Yoga** promotes health and healing at physical, emotional and spiritual levels. Brining together asana, pranayama, mantra and meditation into one complete practice that can be integrated and utilized into a therapeutic direction.
**Strength Classes**

**Barre** is designed to effectively strengthen, tone and balance the entire body. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs.

**Bootilicious** is a 30-minute glute workout. Get that Bootilicious booty you have always wanted.

**Core** is a 20-minute abdominal and back strengthening workout.

**Raider Pump** is a weight class that uses barbells and free weights to build strength, endurance, and muscle tone.

**Water Classes**

**Aqua Zumba®** is practiced in the pool. This class combines Latin dancing with interval and resistance training for a full-body, rhythmic workout.

**Cardio Water** is practiced in the pool. This class combines interval and resistance training for a full-body, rhythmic workout.

**Walk the Lazy River** will take place in the Texas Tech Leisure Lazy River and will be a brisk and smooth, and relaxing walk in the Lazy River.
Beginner Belly Dance is a popular Middle-Eastern dance that assists in torso conditioning, rhythm and balance. This class is great for cardio and muscle toning.

Beginner Salsa Dance will teach beginner to intermediate level moves. A partner is not required; you will mingle in the class.

*All cycle classes cater to all fitness levels*

Sunrise Cycle- A mixture of cycling drills will give you the calorie burn you desire first thing in morning. Come prepared to work hard and sweat your way to great cardio fitness

Lunchtime Cycle- 50-minute class that involves cardio challenges, hills, and endurance segments at varying speeds and resistance.

Power Cycle - This hour-long class simulates the outdoor biking experience. Combining basic, rhythmic, and athletic cycling drills with guided focus and motivational music. This is truly a challenging and exhilarating workout.

Late Night Spin The instructor will take you on a cycling journey that includes climbing, sprints, rolling hills and our signature jumps. This is cardio training at its finest designed to bring about ultimate conditioning.

SwimFit is designed to improve technique and endurance. It is not necessarily to teach swimming, but rather, it is meant to work on the fitness aspect of swimming. Each lesson, the instructor will provide a new workout experience that will teach participants how to use the swimming equipment and eventually set up their own swimming routines.

Better Bodies Bootcamp-Better Bodies Bootcamp is a challenging and fun heart pumping workout for men and women! This bootcamp is designed to get you in shape and strengthen your mind and body through our progression format

**Raider X2 Raider Performance Room Classes**

Texas Tech CrossFit will cover the basics of strength and conditioning, but we always offer plenty of scaling options to adjust to your fitness level. Fundamental movements include basic pull-ups, push-ups, dips, the kettle-bell swing, barbell training, and cardio.