

I Designed a list of Fitness Resolution Experiences for Offline Media

<https://www.get-offline.com/raleigh/fitness-resolution>

Discover Experiences in



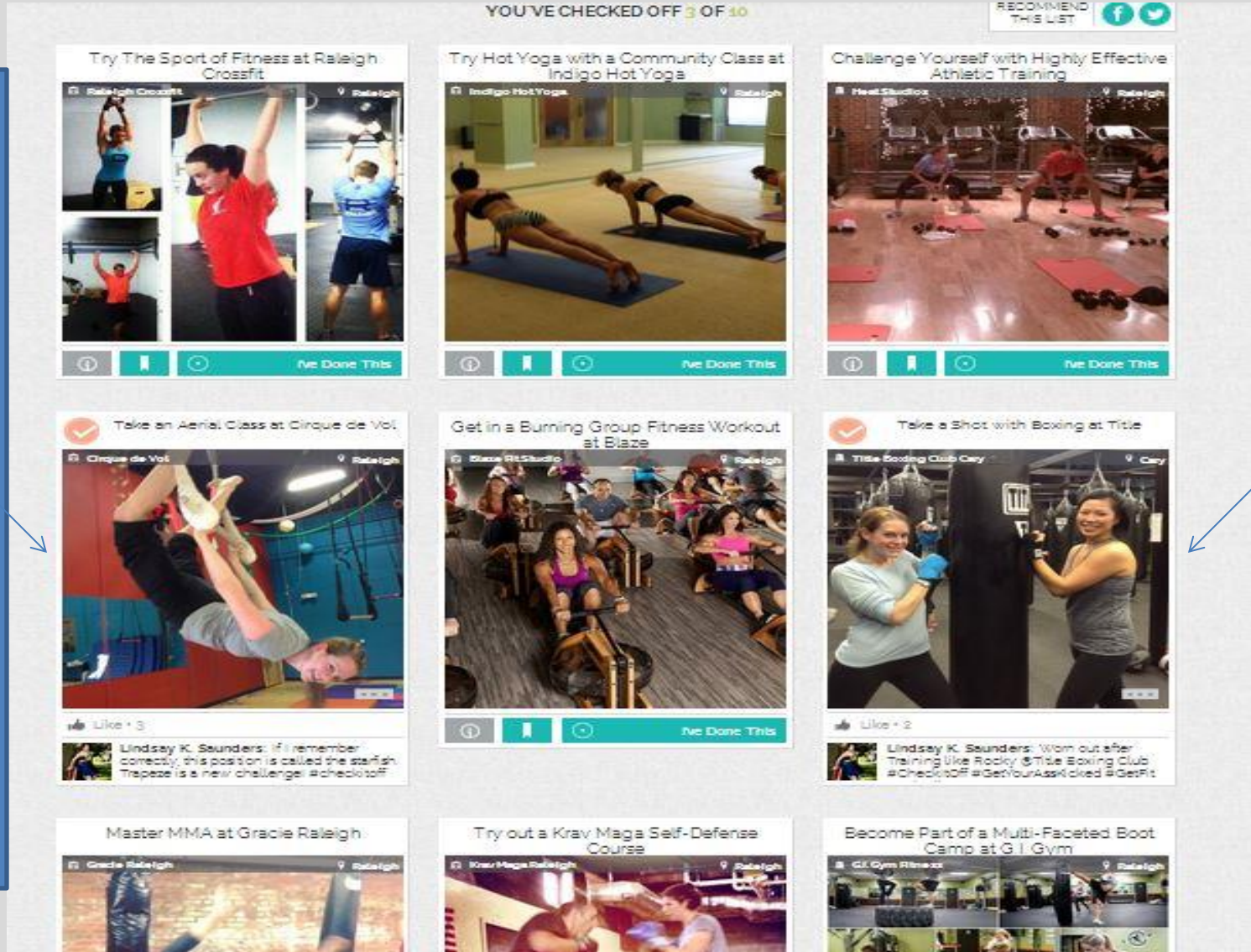
ACTIVE & OUTDOOR



The Fitness Resolution List is here to help you reach your New Year's Resolution goals. This is a list of unique fitness classes in Raleigh that either have a free trial period or a low cost drop-in rate.

This list has a title, cover photo, and basic description included.

The list is presented in a grid like on Pinterest



Experience 1: Try Sport of Fitness at Raleigh Crossfit

Try The Sport of Fitness at Raleigh Crossfit

Where
Raleigh Crossfit

Area
Raleigh, NC

When
Thur: 6am, 9:30am, 4pm,
5pm, 6pm, 7pm
Sat: 10:30am.



I've Done This

RECOMMEND THIS
EXPERIENCE



Raleigh Crossfit
15 N. West Street
Raleigh, NC 27603

[Visit Company Website](#)

Take your fitness to the next level with strength and endurance-based training!

The Raleigh CrossFit programming is completely scalable to meet your own fitness and physical abilities, no matter what your fitness background is. You will utilize your own body weight, barbells, kettlebells, dumbbells, medicine balls, gymnastics rings and pull-up bars. Don't worry if you don't know how to use them or what they are. The coaches at Raleigh Crossfit will teach you. The workout sessions are done as a group, but each individual athlete is in charge of their own progress.

Insider's Tip: If you are interested in experiencing Raleigh CrossFit for the first time, you can email (info@raleigh-crossfit.com) or call 919.229.4075 to let them know which of the following days/times work for your schedule. **Free trial days** Thursdays at 6am, 9:30am, 4pm, 5pm, 6pm, 7pm; or Saturday at 10:30am.

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★ Submitted by:
Lindsay K. Saunders

Experience 2: Try Hot Yoga

Try Hot Yoga with a Community Class at Indigo Hot Yoga

Where
Indigo Hot Yoga

Area
Raleigh, NC

When
See Class Schedule



I've Done This

RECOMMEND THIS
EXPERIENCE



Indigo Hot Yoga
1028 Oberlin Ct. Suite 244
Raleigh, NC 27605

[Visit Company Website](#)

You've probably heard about this hot yoga craze. Go try it out for free at Indigo Yoga studios. Plenty of other affordable classes offered there in case you get hooked!

If you have never done hot yoga before, try the community class which is free of charge and accessible to all levels – beginner to advanced – Barkan Method Level 1. This class is a part of Indigo's mentoring program for new teachers. These classes are taught by newly RYT certified instructors. They will have mats available but please bring a towel and water. 90 min class Level: beginner to advanced Perfect for you or an adventure with friends!

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★ Submitted by:
Lindsay K. Saunders

Experience 3: Challenge with HEAT

Challenge Yourself with Highly Effective Athletic Training

Where
Heat Studios

Area
Raleigh, NC

When
[See Class Schedule](#)



Ive Done This

RECOMMEND THIS
EXPERIENCE



Heat Studios

400 Glenwood Avenue South
Raleigh, NC 27603

[Visit Company Website](#)

Do you want to push training to the next level? If so, you should try out a fitness class at HEAT Studios on downtown on Glenwood South.

Amazing people will surround you - with those in the HEAT family. Perfect one hour workouts for fat loss and building lean muscle mass. Combination of cardio interval training with strength conditioning.

Dumbbells, kettlebells, TRX suspension training, Ballet Burn and more. Elite athletes pushed with modifications for anyone to get started.

Insider Tip: First class is Free

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★ Submitted by:
Lindsay K. Saunders

Experience 4: Aerial Fitness Class at Cirque de Vol

Take an Aerial Class at Cirque de Vol

Where
Cirque de Vol

Area
Raleigh, NC

When
See Class Schedule



Edit Completion

RECOMMEND THIS
EXPERIENCE



Cirque de Vol
300 W. Hargett Street, Suite 40
Raleigh, NC 27601

[Visit Company Website](#)

Ever wanted to perform an aerial act like the performers in the circus do? Try it out with an aerial, silks, trapeze, lyra or acro class at Cirque de Vol!

In the beginner class, you will learn essential body positioning and technique, as well as basic skills such as knee and ankle hangs, pullovers and much more. You'll be hanging upside down by the end of your first class!

This class will cover the basics of hanging, dangling, flying and floating on a single-point, low-flying trapeze. Build strength while having fun; release tension and find length and space in the spine, shoulders and neck. Improve overall endurance and flexibility, learn play and practice structures incorporating basic low-flying trapeze vocabulary, and increase your knowledge and skill with new hangs and aerial maneuvers.

Cost: \$30 a class

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★ Submitted by:
Lindsay K. Saunders

Experience 5: Group Burning Workout at Blaze

Get in a Burning Group Fitness Workout at Blaze

Where
Blaze Fit Studio

Area
Raleigh, NC

When
See Class Schedule



Another user
uploaded an image
from her experience.

I've Done This

RECOMMEND THIS
EXPERIENCE



Blaze Fit Studio
6516 Falls of Neuse Road, Suite 100
Raleigh, NC 27615

[Visit Company Website](#)

Check out the studio that is the first and only place in North Carolina to be an Indo-Row and ShockWave licensed and certified facility.

When you visit Blaze, you can try something familiar like Yoga or something different like the Indo-Row or ShockWave classes. Better yet, change it up and try Blazing Pilates! The studio offers a variety of group fitness classes using the most top notch and latest equipment such as brand new Keiser M-3 spin bikes, Indo-Rowers, Bosu's, Ballast Balls, fitness rings, and resistance equipment, just to name a few.

Group fitness classes include Indoor Cycling, Indo-Row, Pilates, Circuit Training, HIIT, Core, Yoga, and many more. You will get the opportunity to work on cardio, strength, flexibility, endurance, and stamina using all different styles of exercise. Drop in for a class to check out one of their blazing workouts!

Insider Tip: Drop-in cost is \$15

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★ Submitted by:
Lindsay K. Saunders

Experience 6: Take a Shot with Boxing at Title Boxing Club

Take a Shot with Boxing at Title

Where
Title Boxing Club Cary

Area
Cary, NC

When
See Class Schedule



Edit Completion

RECOMMEND THIS
EXPERIENCE



Title Boxing Club Cary
2046 Renaissance Park Place
Cary, NC 27513

[Visit Company Website](#)

Train like Rocky at TITLE Boxing Club with one of their dynamic workout classes!

Title Boxing Club Cary is a fitness club that offers a combination of boxing and kickboxing classes. Each trainer's individual style makes every class unique so you won't get bored. You'll be excited to come back for the strong community they've developed and a new experience in every class.

Title Boxing Club Cary offers you a way to strengthen your core faster than any other exercise class. If you are looking for a change, this is where you will find it. People of all fitness levels are welcome to participate and go at their own pace.

Insider Tip: First Class is Free

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★ Submitted by:
Lindsay K. Saunders

Experience 7: MMA at Gracie Raleigh

Master MMA at Gracie Raleigh

📍 Where
Gracie Raleigh

📍 Area
Raleigh, NC

🕒 When
[See Class Schedule](#)



📌 I've Done This

RECOMMEND THIS
EXPERIENCE



Gracie Raleigh
119 E. Hargett Street
Raleigh, NC 27601

[Visit Company Website](#)

Whether you've tried mixed martial arts before or you have aspirations of competing at the highest level, drop in to Gracie Raleigh to check out new fighting techniques.

Gracie Raleigh BJJ is for anyone who wants to learn how to defend him or herself in combat. The benefits of Gracie Jiu Jitsu are far reaching and will touch every aspect of your life. Gracie Raleigh nurtures your independent thinking, supports your fighting spirit, and helps you achieve your personal BJJ goals. You will begin to understand yourself, on and off the mats, in ways you never imagined. You will test your limits and become the best you can be. The classes are structured well, the location is great, and the guys who train there are fun to be around.

Insider Tip: 1-Week Free Trail or \$15 Drop-in rate

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★ Submitted by:
Lindsay K. Saunders

Experience 8: Krav Maga Self-Defense Course

Try out a Krav Maga Self-Defense Course

Where
Krav Maga Raleigh

Area
Raleigh, NC

When
See Class Schedule



I've Done This

RECOMMEND THIS
EXPERIENCE



Krav Maga Raleigh
119 E. Hargett Street, Suite 10
Raleigh, NC 27601

[Visit Company Website](#)

Looking for a FUN, exhilarating way to work out and build your self defense skills? Check out the self-defense classes.

They offer both one day workshops and six week progressive courses. The material covered in Women's Self Defense classes is taken from the standard, comprehensive Krav Maga curriculum, selected for techniques which are most relevant to women. Classes are taught by Cassie Rhodes, their lead women's instructor, and assisted by male instructors who will help give more realistic attacks (and take a little bit of a beating as well).

Insider Tip You can try your first class for free.

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★ Submitted by:
Lindsay K. Saunders

Experience 9: Boot Camp at G.I. Gym

Become Part of a Multi-Faceted Boot Camp at G.I. Gym

Where
G.I. Gym Fitness

Area
Raleigh, NC

When
See Class Schedule



I've Done This

RECOMMEND THIS
EXPERIENCE



G.I. Gym Fitness
8320 Litchford Road Suite 118
Raleigh, NC 27615

[Visit Company Website](#)

Try a cross-training/fusion style workout, which entails using TRX, boxing, plyometrics, ropes, and more in a boot camp class at G.I. Gym!

GI Gym BootCamp offers a variety of regularly scheduled workouts to meet your schedule. A favorite is the boot camp. Fun and functional Total Body Circuit Training that can burn 800 – 1200 calories a session using the various pieces of equipment at G.I. Gym. This class is always on the go and never the same routine. Whether you prefer working out in the morning, at lunch, or in the evening, you can find an exciting and challenging workout. Anyone can do this workout at any level.

Insider Tip: Drop-in cost is \$15

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