



## Aerobics Classes: Spring 2014 Active Dates: January 21 - May 9



Amber	Krissy	Mike & Nish
Cecil	Tammy	Rebecca
Jaclyn	Leah	Paul
Jessica	Liana	Danielle
Monett	Dawn	



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**PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION**

MON	TUES	WED	THURS	FRI
★ Yoga 7-8am (mat room)	***Morning Ride (Indoor Cycling)6-7am	★ Yoga 7-8am (mat room)	**Morning Ride (Indoor Cycling)6-7am	**Yoga 7-8am (mat room)
	**Yoga 7-8am (mat room)		**Yoga 7-8am (mat room)	
*Noon Ride (Indoor Cycling) 12-1pm	**Noon Ride (Indoor Cycling) 12-1pm	*Noon Ride (Indoor Cycling) 12-1pm	**Noon Ride (Indoor Cycling) 12-1pm	
**Cardio Combo 12-1pm	**Buns-n-Abs 12-1pm	**Cardio Combo 12-1pm	**Buns-n-Abs 12-1pm	**Pilates 12 - 1pm (mat room)
★ Yoga 12 - 1pm (mat room)	**Yoga 12 - 1pm (mat room)	★ Yoga 12 - 1pm (mat room)	**Yoga 12 - 1pm (mat room)	★ Aroma Flow Yoga 12 - 1pm (yoga room)
★ Aquatic Fitness 12-1245pm (Outdoor Pool)		★ Aquatic Fitness 12-1245pm (Outdoor Pool)		★ Aquatic Fitness 12-1245pm (Outdoor Pool)
★ Yoga 530-630pm (mat room)		**Yoga 530-630pm (mat room)		
***Body Blast 530-630 (mat room)	★ Yoga 530-630pm (mat room)	***Body Blast 530-630pm	★ Yoga 530-630pm (mat room)	★ Zumba Toning 5:30-6:30pm
**Evening Ride (Indoor Cycling) 530-630	**Body Sculpting 530-630pm	**Evening Ride (Indoor Cycling) 530-630	**Body Sculpting 530-630pm	**Evening Ride (Indoor Cycling) 530-630pm
★ Zumba Toning 6:30-7:30pm	***Insanity Fitness 6:30-7:30pm	★ Zumba Toning 6:30-7:30pm	***Insanity Fitness 6:30-7:30pm	

### AggieFit Aerobics Class Policies

1. The displayed schedule does not reflect classes offered during any given semester breaks or interim periods.
2. Please note class location. MOST classes take place within Room 124, unless otherwise noted.
3. Class space and equipment are limited. CLASSES ARE CONDUCTED ON A FIRST COME, FIRST SERVED BASIS.  
Once a classroom reaches maximum occupancy, no other patrons will be admitted.
4. PLEASE BE COURTEOUS TO INSTRUCTORS AND OTHER CLASS PARTICIPANTS - TURN ALL CELL PHONES ON SILENT AND REFRAIN FROM TALKING/TEXTING ON THEM WHILE CLASSES ARE IN SESSION.
5. For more information call 646-5178 or email: [aggiefit@nmsu.edu](mailto:aggiefit@nmsu.edu)
6. There are no classes on University holidays.
  - \* - Beginner
  - \*\* - Intermediate
  - \*\*\* - Expert
  - ★ - All Levels

