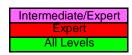




Aerobics Classes: Summer 2014 Active Dates: May 27 - August 1







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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON	TUES	WED	THURS	FRI
Yoga (Stephanie)	Morning Ride	Yoga (Stephanie)	Morning Ride	Yoga (Stephanie)
7-8am (mat room)	(Mike & Nish) 6-7am	7-8am (mat room)	(Mike & Nish) 6-7am	7-8am (mat room)
Noon Ride	Noon Ride	Noon Ride	Noon Ride	
(Courtney) 12-1pm	(Krissy) 12-1pm	(Courtney) 12-1pm	(Krissy) 12-1pm	
Cardio Combo	Buns-n-Abs	Cardio Combo	Buns-n-Abs	
(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	
Yoga (Amber)	Yoga (Monett)	Yoga (Amber)	Yoga (Monett)	
12 - 1pm (mat room)	12 - 1pm (mat room)	12 - 1pm (mat room)	12 - 1pm (mat room)	
Aquatic Fitness		Aquatic Fitness		Aquatic Fitness
12-1245pm (Grace)		12-1245pm (Grace)		12-1245pm (Grace)
Aquatic Fitness		Aquatic Fitness		Aquatic Fitness
5:15-6:00pm (Danielle)		5:15-6:00pm (Danielle)		5:15-6:00pm (Danielle)
Body Blast	Zumba Toning	Body Blast	Zumba Toning	
(Krissy) 5:30-6:30	(Leah) 4:30-5:30	(Krissy) 5:30-6:30	(Leah) 4:30-5:30	
**Pilates (Mat Rooom)	**Body Sculpting	**Pilates (Mat Rooom)	**Body Sculpting	**Pilates (Mat Rooom)
(Jacquelin) 5:30- 6:30	(Cecil) 5:30-6:30pm	(Jacquelin) 5:30- 6:30	(Cecil) 5:30-6:30pm	(Jacquelin) 5:30- 6:30
**Evening Ride	Yoga (Amber)	**Evening Ride	Yoga (Amber)	**Evening Ride
(Cecil) 5:30-6:30pm	530-630pm (mat room)	(Cecil) 5:30-6:30pm	530-630pm (mat room)	(Cecil) 5:30-6:30pm
Zumba Toning		Zumba Toning		Zumba Toning
(Leah) 5:30-6:30		(Leah) 5:30-6:30		(Leah) 5:30-6:30
Outside Patio		Outside Patio		Outside Patio

**Class will not start until June 2, 2014.

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 rm124 of the AC, 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
 - 6. There are no classes on University holidays.