



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



BEGINNER
Beginner/Intermediate
Intermediate

Intermediate/Expert
Expert
All Levels



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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

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