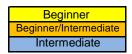


Aerobics Classes: Summer Interim 2014 Active Dates: August 25th - December 12th









Visit our website! - recsports.nmsu.edu

PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON	TUES	WED	THURS	FRI
Yoga (Monett)	Yoga (Luis)	Yoga (Monett)	Yoga (Luis)	Yoga (Monett)
7 - 8 am (mat room)	7 - 8 am (mat room)	7 - 8 am (mat room)	7 - 8 am (mat room)	7 - 8 am (mat room)
To am (macroom)	Morning Ride	i o am (macroom)	Morning Ride	i o am (macroom)
	(Mike& Nish) 6 - 7 am		(Mike& Nish) 6 - 7 am	
	(William Pality of Farit		(Mintod Mon) o T din	
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	Power Pump	Buns-n-Abs	
(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	
Yoga (Amber)	Yoga (Annie)	Yoga (Amber)	Yoga (Annie)	Yoga (Amber)
12 - 1pm (mat room)	12 - 1pm (mat room)	12 - 1pm (mat room)	12 - 1pm (mat room)	12 - 1pm (mat room)
**Aquatic Fitness	Pilates (Jacquelin)	**Aquatic Fitness	Pilates (Jacquelin)	**Aquatic Fitness
12-12:45 pm (Grace)	12 - 1 pm (yoga room)	12-12:45 pm (Grace)	12 - 1 pm (yoga room)	12-12:45 pm (Grace)
Evening Ride	Evening Ride	Evening Ride	Evening Ride	Evening Ride
(Cecil) 5:30-6:30pm	(Paul) 5:30-6:30pm	(Cecil) 5:30-6:30pm	(Paul) 5:30-6:30pm	(Cecil) 5:30-6:30pm
**Aquatic Fitness	Aroma Flow Yoga (Dawn)	**Aquatic Fitness	Aroma Flow Yoga (Dawn)	
5:30 - 6:15 pm (Grace)	5:30-6:45pm (yoga room)	5:30 - 6:15 pm (Grace)	5:30-6:45pm (yoga room)	
Yoga (Luis)	Yoga (Amber)	Yoga (Luis)	Yoga (Amber)	Yoga (Luis)
530-630pm (mat room)	530-630pm (mat room)	530-630pm (mat room)	530-630pm (mat room)	530-630pm (mat room)
Body Blast (Krissy)	Body Sculpting (Cecil)	Body Blast (Krissy)	Body Sculpting (Cecil)	Zumba Toning
5:30-6:30pm	530-630pm	5:30-6:30pm	530-630pm	(Liana) 5:30-6:30
Zumba Toning	Ballroom Dancing	Zumba Toning	Insanity Fitness	Ballroom Dancing
(Liana) 6:30-7:30	(Leonard) 6:30-7:30	(Liana) 6:30-7:30	(Leah) 6:30-7:30	(Leonard) 6:30-7:30

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 of the Activity Center, 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.

^{**} Aquatic Fitness will only be offered until 11-21-2014