

Aerobics Classes: Summer Interim 2014

Active Dates: August 25th - December 12th



Beginner
Beginner/Intermediate
Intermediate

Intermediate/Expert
Expert
All Levels



Visit our website! - recsports.nmsu.edu

PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

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