



**Aerobics Classes: Winter Interim 2014 - 2015**  
**Active Dates: December 15th - December 19th**  
**Active Dates: January 5th - January 16th**



Beginner
Beginner/Intermediate
Intermediate

Intermediate/Expert
Expert
All Levels



**Visit our website! - [recsports.nmsu.edu](http://recsports.nmsu.edu)**

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

MON (Dec 15)	TUES (Dec 16)	WED (Dec 17)	THURS (Dec 18)	FRI (Dec 19)
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 rm)	Noon Ride (Krissy) 12-1pm	Yoga (Amber) 12 - 1pm (mat rm)	Noon Ride (Krissy) 12-1pm	Yoga (Amber) 12 - 1pm (mat rm)
Evening Ride (Cecil) 5:00-6:00pm	Zumba Toning (Liana) 5:00 - 6:00pm	Evening Ride (Cecil) 5:00-6:00pm	Zumba Toning (Liana) 5:00-6:00pm	Evening Ride (Cecil) 5:00-6:00pm
Yoga (Luis) 500-600pm (mat rm)	Yoga (Amber) 500-600pm (mat rm)	Yoga (Luis) 500-600pm (mat rm)	Yoga (Amber) 500-600pm (mat rm)	Yoga (Luis) 500-600pm (mat rm)
MON (Jan 5)	TUES (Jan 6)	WED (Jan 7)	THURS (Jan 8)	FRI (Jan 9)
(Jan 12)	(Jan 13)	(Jan 14)	(Jan 15)	(Jan 16)
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 rm)		Yoga (Amber) 12 - 1pm (mat rm)		Yoga (Amber) 12 - 1pm (mat rm)
Evening Ride (Cecil) 5:00-6:00pm	Body Blast (Krissy) 5:00-6:00pm	Evening Ride (Cecil) 5:00-6:00pm	Body Blast (Krissy) 5:30-6:30pm	Evening Ride (Cecil) 5:00-6:00pm
Yoga (Luis) 500-600pm (mat rm)	Yoga (Amber) 500-600pm (mat rm)	Yoga (Luis) 500-600pm (mat rm)	Yoga (Amber) 500-600pm (mat rm)	Yoga (Luis) 500-600pm (mat rm)

**AggieFit Aerobics Class Policies**

- The displayed schedule does not reflect classes offered during any given semester breaks or interim periods.
- Please note class location. MOST classes take place within Room 124 of the Activity Center, unless otherwise noted
- 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.
- 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.
- For more information call 646-5178 or email: [aggiefit@nmsu.edu](mailto:aggiefit@nmsu.edu)
- There are no classes on University holidays.