### AggieFit Aerobics Class Policies

1. The displayed schedule does not reflect classes offered during any given semester breaks or interim periods.
2. 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 in the afternoons will begin on March 16, 2015**

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### Aerobics Classes: Spring 2015

**Active Dates:** January 26 - May 8

**MON** | **TUES** | **WED** | **THURS** | **FRI**
---|---|---|---|---
Yoga (Amber) 7 - 8 am (mat room) | Yoga (Luis) 7 - 8 am (mat room) | Yoga (Amber) 7 - 8 am (mat room) | Yoga (Luis) 7 - 8 am (mat room) | Yoga (Amber) 7 - 8 am (mat room)
Morning Ride (Mike & Nish) 6 - 7 am | Morning Ride (Mike & Nish) 6 - 7 am | Morning Ride (Mike & Nish) 6 - 7 am | Morning Ride (Mike & Nish) 6 - 7 am | Morning Ride (Mike & Nish) 6 - 7 am
Yoga (Amber) 12 - 1 pm (mat room) | Yoga (Luis) 12 - 1 pm (mat room) | Yoga (Amber) 12 - 1 pm (mat room) | Yoga (Luis) 12 - 1 pm (mat room) | Yoga (Amber) 12 - 1 pm (mat room)
Cardio Combo (Tammy) 12 - 1 pm | Buns-n-Abs (Tammy) 12 - 1 pm | Power Pump (Tammy) 12 - 1 pm | Buns-n-Abs (Tammy) 12 - 1 pm | Insanity Fitness (Destiny) 12:00-1:00
Yoga (Amber) 12 - 1 pm (mat room) | Yoga (Luis) 12 - 1 pm (mat room) | Yoga (Amber) 12 - 1 pm (mat room) | Yoga (Luis) 12 - 1 pm (mat room) | Yoga (Amber) 12 - 1 pm (mat room)
Aquatic Fitness 12-12:45 pm (Danielle) | Pilates (Jacquelin) 11:30 - 12:30 pm (yoga room) | Aquatic Fitness 12-12:45 pm (Danielle) | Pilates (Jacquelin) 11:30 - 12:30 pm (yoga room) | Aquatic Fitness 12-12:45 pm (Bodi)
Aroma Flow Yoga (Dawn) 5:30-6:30 pm (yoga room) | Evening Ride (Cecil) 5:30-6:30 pm (yoga room) | Evening Ride (Cecil) 5:30-6:30 pm (yoga room) | Evening Ride (Cecil) 5:30-6:30 pm (yoga room) | Evening Ride (Cecil) 5:30-6:30 pm (yoga room)
Yoga (Anita) 5:30-6:30 pm (mat room) | Yoga (Anita) 5:30-6:30 pm (mat room) | Yoga (Anita) 5:30-6:30 pm (mat room) | Yoga (Anita) 5:30-6:30 pm (mat room) | Ballroom Dancing (Leonard) 5:30-7:30
Body Blast (Krissy) 6:30-7:30 pm | Body Sculpting (Cecil) 5:30-6:30 pm | Body Blast (Krissy) 6:30-7:30 pm | Body Sculpting (Cecil) 5:30-6:30 pm | Zumba Toning (Liana) 6:30-7:30 pm
Insanity Fitness (Leah) 6:30-7:30 pm | Insanity Fitness (Leah) 6:30-7:30 pm | Insanity Fitness (Leah) 6:30-7:30 pm | Zumba Toning (Liana) 6:30-7:30 pm | Zumba Toning (Liana) 6:30-7:30 pm

### Visit our website! - recsports.nmsu.edu

PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

- Beginner/Intermediate
- Intermediate
- Advanced/Expert