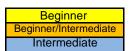


Aerobics Classes: Spring 2015 Active Dates: January 26 - May 8









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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON	TUES	WED	THURS	FRI
Yoga (Amber)	Yoga (Luis)	Yoga (Amber)	Yoga (Luis)	Yoga (Amber)
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)
	Morning Ride	,	Morning Ride	ì
	(Mike& Nish) 6 - 7 am		(Mike& Nish) 6 - 7 am	
Noon Ride	Noon Ride	Noon Ride	Noon Ride	
(Paul) 12-1pm	(Krissy) 12-1pm	(Paul) 12-1pm	(Krissy) 12-1pm	
Cardio Combo	Buns-n-Abs	Power Pump	Buns-n-Abs	Insanity Fitness
(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Destiny) 12:00-1:00
Yoga (Amber)	Yoga (Luis)	Yoga (Amber)	Yoga (Luis)	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 (Danielle)	11:30 - 12:30 pm (yoga room)	12-12:45 pm (Danielle)	11:30 - 12:30 pm (yoga room)	12-12:45 pm (Bodi)
	Aroma Flow Yoga (Dawn)		Aroma Flow Yoga (Dawn)	
	5:30-6:30pm (yoga room)		5:30-6:30pm (yoga room)	
Evening Ride	Evening Ride	Evening Ride	Evening Ride	Evening Ride
(Cecil) 5:30-6:30pm	(Courtney) 5:30-6:30pm	(Cecil) 5:30-6:30pm	(Courtney) 5:30-6:30pm	(Cecil) 5:30-6:30pm
Yoga (Anita)	Yoga (Anita)	Yoga (Anita)	Yoga (Anita)	
530-630pm (mat room)	530-630pm (mat room)	530-630pm (mat room)	530-630pm (mat room)	Ballroom Dancing
Body Blast (Krissy)	Body Sculpting (Cecil)	Body Blast (Krissy)	Body Sculpting (Cecil)	(Leonard) 5:30-7:30
5:30-6:30pm	530-630pm	5:30-6:30pm	530-630pm	
Insanity Fitness	Zumba Toning	Insanity Fitness	Zumba Toning	
(Leah) 6:30-7:30	(Liana) 6:30-7:30	(Leah) 6:30-7:30	(Liana) 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. 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