



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



|                       |
|-----------------------|
| Beginner              |
| Beginner/Intermediate |
| Intermediate          |

|                     |
|---------------------|
| Intermediate/Expert |
| Expert              |
| All Levels          |



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

| MON                                       | TUES  | WED                                       | THURS   | FRI                                      |
|---|---|---|---|--|
| Yoga (Amber)<br>7 - 8 am (mat room)       | Yoga (Luis)<br>7 - 8 am (mat room)                  | Yoga (Amber)<br>7 - 8 am (mat room)       | Yoga (Luis)<br>7 - 8 am (mat room)                  | Yoga (Amber)<br>7 - 8 am (mat room)      |
|   | Morning Ride<br>(Mike& Nish) 6 - 7 am               |   | Morning Ride<br>(Mike& Nish) 6 - 7 am               |  |
| Noon Ride<br>(Paul) 12-1pm                | Noon Ride<br>(Krissy) 12-1pm                        | Noon Ride<br>(Paul) 12-1pm                | Noon Ride<br>(Krissy) 12-1pm                        |  |
| Cardio Combo<br>(Tammy) 12-1pm            | Buns-n-Abs<br>(Tammy) 12-1pm                        | Power Pump<br>(Tammy) 12-1pm              | Buns-n-Abs<br>(Tammy) 12-1pm                        | Insanity Fitness<br>(Destiny) 12:00-1:00 |
| Yoga (Amber)<br>12 - 1pm (mat room)       | Yoga (Luis)<br>12 - 1pm (mat room)                  | Yoga (Amber)<br>12 - 1pm (mat room)       | Yoga (Luis)<br>12 - 1pm (mat room)                  | Yoga (Amber)<br>12 - 1pm (mat room)      |
| Aquatic Fitness<br>12-12:45 pm (Danielle) | Pilates (Jacquelin)<br>11:30 - 12:30 pm (yoga room) | Aquatic Fitness<br>12-12:45 pm (Danielle) | Pilates (Jacquelin)<br>11:30 - 12:30 pm (yoga room) | Aquatic Fitness<br>12-12:45 pm (Bodi)    |
|   | Aroma Flow Yoga (Dawn)<br>5:30-6:30pm (yoga room)   |   | Aroma Flow Yoga (Dawn)<br>5:30-6:30pm (yoga room)   |  |
| Evening Ride<br>(Cecil) 5:30-6:30pm       | Evening Ride<br>(Courtney) 5:30-6:30pm              | Evening Ride<br>(Cecil) 5:30-6:30pm       | Evening Ride<br>(Courtney) 5:30-6:30pm              | Evening Ride<br>(Cecil) 5:30-6:30pm      |
| Yoga (Anita)<br>530-630pm (mat room)      | Yoga (Anita)<br>530-630pm (mat room)                | Yoga (Anita)<br>530-630pm (mat room)      | Yoga (Anita)<br>530-630pm (mat room)                | Ballroom Dancing<br>(Leonard) 5:30-7:30  |
| Body Blast (Krissy)<br>5:30-6:30pm        | Body Sculpting (Cecil)<br>530-630pm                 | Body Blast (Krissy)<br>5:30-6:30pm        | Body Sculpting (Cecil)<br>530-630pm                 |  |
| Insanity Fitness<br>(Leah) 6:30-7:30      | Zumba Toning<br>(Liana) 6:30-7:30                   | Insanity Fitness<br>(Leah) 6:30-7:30      | Zumba Toning<br>(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](mailto:aggiefit@nmsu.edu)
  6. There are no classes on University holidays.
- \*\* Aquatic Fitness in the afternoons will begin on March 16, 2015