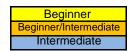


Aerobics Classes: Spring 2015 Active Dates: January 26 - May 8









Visit our website! - recsports.nmsu.edu 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	`´
	(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)	Dellroom Densiss
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.

 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.

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

