

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) 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	
Noon Ride (Paul) 12-1pm	Noon Ride (Krissy) 12-1pm	Noon Ride (Paul) 12-1pm	Noon Ride (Krissy) 12-1pm	
Cardio Combo (Tammy) 12-1pm	Buns-n-Abs (Tammy) 12-1pm	Power Pump (Tammy) 12-1pm	Buns-n-Abs (Tammy) 12-1pm	Insanity Fitness (Destiny) 12:00-1:00
Yoga (Amber) 12 - 1pm (mat room)	Yoga (Luis) 12 - 1pm (mat room)	Yoga (Amber) 12 - 1pm (mat room)	Yoga (Luis) 12 - 1pm (mat room)	Yoga (Amber) 12 - 1pm (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) 5:30-6:30pm (yoga room)		Aroma Flow Yoga (Dawn) 5:30-6:30pm (yoga room)	
Evening Ride (Cecil) 5:30-6:30pm	Evening Ride (Courtney) 5:30-6:30pm	Evening Ride (Cecil) 5:30-6:30pm	Evening Ride (Courtney) 5:30-6:30pm	Evening Ride (Cecil) 5:30-6:30pm
Yoga (Anita) 530-630pm (mat room)	Yoga (Anita) 530-630pm (mat room)	Yoga (Anita) 530-630pm (mat room)	Yoga (Anita) 530-630pm (mat room)	Ballroom Dancing (Leonard) 5:30-7:30
Body Blast (Krissy) 5:30-6:30pm	Body Sculpting (Cecil) 530-630pm	Body Blast (Krissy) 5:30-6:30pm	Body Sculpting (Cecil) 530-630pm	
Insanity Fitness (Leah) 6:30-7:30	Zumba Toning (Liana) 6:30-7:30	Insanity Fitness (Leah) 6:30-7:30	Zumba Toning (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. Please 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

**Aquatic Fitness
5:30 - 6:15 pm (Grace)