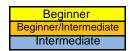


## Aerobics Classes: Spring Break Active Dates: March 23 - 27









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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

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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		
(Krissy) 12-1pm	(Krissy) 12-1pm	(Krissy) 12-1pm	(Krissy) 12-1pm		
Cardio Combo	Buns-n-Abs	Power Pump	Buns-n-Abs	Insanity Fitness	
(Leah) 12-1pm	(Liana) 12-1pm	(Leah) 12-1pm	(Liana) 12-1pm	(Leah) 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		Aquatic Fitness		Aquatic Fitness	
12-12:45 pm (Bodi)		12-12:45 pm (Bodi)		12-12:45 pm (Bodi)	
	Evening Ride	Evening Ride	Evening Ride	Evening Ride	
	(Courtney) 5:30-6:30pm	(Courtney) 5:30-6:30pm	. ,,	(Courtney) 5:30-6:30pm	
	Aroma Flow Yoga (Dawn)		Aroma Flow Yoga (Dawn)		
	5:30-6:30pm (yoga room)		5:30-6:30pm (yoga room)	Ballroom Dancing	
Body Blast (Krissy)		Body Blast (Krissy)		(Leonard) 5:30-7:30	
5:30-6:30pm		5:30-6:30pm			
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. 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.

