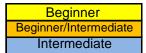


Aerobics Classes: Summer 2015 Active Dates: June 1 - August 14









Visit our website! - recsports.nmsu.edu PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON	TUES	WED	THURS	FRI
Yoga (Anita)	Yoga (Luis)	Yoga (Anita)	Yoga (Luis)	Yoga (Anita)
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	Step Aerobics
(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Tammy) 12-1pm	(Bodi) 12:00-1:00
Yoga (Amber)	Yoga (Amber)	Yoga (Amber)	Yoga (Amber)	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	
	12-12:45 pm (Danielle)		12-12:45 pm (Danielle)	
Aquatic Fitness		Aquatic Fitness		
5:00 - 5:45 pm (Bodi)		5:00 - 5:45 pm (Bodi)		
Evening Ride	Evening Ride	Evening Ride	Evening Ride	Evening Ride
(Cecil) 5:30-6:30pm	(Bodi) 5:30-6:30pm	(Cecil) 5:30-6:30pm	(Bodi) 5:30-6:30pm	(Cecil) 5:30-6:30 pm
Yoga (Luis)	Yoga (Anita)	Yoga (Luis)	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	
Zumba Toning (Liana) 6:30-7:30	Bootcamp Fitness	Zumba Toning	Bootcamp Fitness	
	(Leah) 6:30-7:30	(Liana) 6:30-7:30	(Leah) 6:30-7:30	

AggleFit Aeropics 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 5:3<mark>0 - 6:15 pm (Gra</mark>ce)