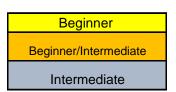


## Aerobics Classes: Summer 2015 Active Dates: June 1 - August 14









## 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	, in the second	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)	
		Aroma Flow Yoga		
		5:30 - 6:30 pm (Dawn)		
Aquatic Fitness		Aquatic Fitness		
5:30 - 6:15 pm (Bodi)		5:30 - 6:15 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) 5:30-6:30pm
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) 5:00-7:00
5:30-6:30pm	530-630pm	5:30-6:30pm	530-630pm	
Zumba Toning	Bootcamp Fitness	Zumba Toning	Bootcamp Fitness	
(Liana) 6:30-7:30	(Leah) 6:30-7:30	(Liana) 6:30-7:30	(Leah) 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.