

Fitness Classes: Fall 2015

Active Dates: August 19-December 23



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 (Anita) 6-7am (mat room)	Yoga (Luis) 7 - 8 am (mat room)	Yoga (Anita) 6-7am (mat room)	Yoga (Luis) 7 - 8 am (mat room)	Yoga (Anita) 6-7am (mat room)
Yoga (Maria) 7 - 8 am (mat room)	Indoor Cycling (Mike& Nish) 6 - 7 am	Yoga (Maria) 7 - 8 am (mat room)	Indoor Cycling (Mike& Nish) 6 - 7 am	Yoga (Maria) 7 - 8 am (mat room)
Indoor Cycling (Rachel) 12-1pm	Indoor Cycling (Krissy) 12-1pm	Indoor Cycling (Rachel) 12-1pm	Indoor Cycling (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	
Vinyasa Yoga (Amber) 12 - 1pm (mat room)	Buti Yoga (Amber) 12 - 1pm (mat room)	Buti Yoga (Amber) 12 - 1pm (mat room)	Vinyasa Yoga (Amber) 12 - 1pm (mat room)	Gentle Yoga (Amber) 12 - 1pm (mat room)
Aquatic Fitness 12-12:45 pm (Bodi)		Aquatic Fitness 12-12:45 pm (Bodi)		Aquatic Fitness 12-12:45 pm (Bodi)
	Aroma Flow Yoga (Dawn) 5:30-6:30 (Yoga room)		Aroma Flow Yoga (Dawn) 5:30-6:30 (Yoga room)	
Buti Yoga (Ceara) 4:30-5:30pm (mat room)	*Aquatic Fitness* 5:30 - 6:15 pm (Bodi)	Buti Yoga (Ceara) 4:30-5:30pm (mat room)	*Aquatic Fitness* 5:30 - 6:15 pm (Bodi)	
	Indoor Cycling (Lori) 5:30-6:30pm	Indoor Cycling (Rachel) 5:30-6:30pm	Indoor Cycling (Lori) 5:30-6:30pm	
Yoga (Luis) 5:30-6:30pm (mat room)	Yoga (Maria) 5:30-6:30pm (mat room)	Yoga (Luis) 5:30-6:30pm (mat room)	Yoga (Anita) 5:30-6:30pm (mat room)	Yoga (Luis) 5:30-6:30pm (mat room)
Body Blast (Krissy) 5:30-6:30pm	Body Sculpting (Cecil) 5:30-6:30pm	Body Blast (Krissy) 5:30-6:30pm	Body Sculpting (Cecil) 5:30-6:30pm	
MIXXEDFIT (Ryan) 6:30-7:30	Bootcamp Fitness (Leah) 6:30-7:30	MIXXEDFIT (Ryan) 6:30-7:30	Power Pump (Leah) 6:30-7:30	

AggieFit Aerobics Class Policies

**Aquatic Fitness (5:30pm) will be held until 11/19*

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.