

Fitness Classes: Spring 2016

Active Dates: January 4-May 13



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 (Maria) 6-7am (mat room)	Yoga (Luis) 7 - 8 am (mat room)	Yoga (Maria) 6-7am (mat room)	Yoga (Luis) 7 - 8 am (mat room)	Yoga (Maria) 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 (Paul) 12-1pm	Indoor Cycling (Krissy) 12-1pm	Indoor Cycling (Paul) 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	
Yoga (Luis) 12 - 1pm (mat room)	Yoga (Maria) 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)
	Yoga (Maria) 4:30-5:30 (mat room)		Yoga (Maria) 4:30-5:30 (mat room)	
Buti Yoga (Ceara) 4:30-5:30pm (mat room)	Aroma Flow Yoga (Dawn) 5:30-6:30 (Yoga room)	Buti Yoga (Ceara) 4:30-5:30pm (mat room)	Aroma Flow Yoga (Dawn) 5:30-6:30 (Yoga room)	
	Indoor Cycling (Kourtnee) 5:30-6:30pm	Indoor Cycling (Kourtnee) 5:30-6:30pm	Indoor Cycling (Kourtnee) 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 (Maria) 5:30-6:30pm (mat room)	
Body Blast (Krissy) 5:30-6:30pm	Power Pilates (Delaney) 5:30-6:30	Body Blast (Krissy) 5:30-6:30pm	Power Pilates (Delaney) 5:30-6:30	
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

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.

Power Pilates: A class that builds on classical Pilates in a fun challenging environment. Using small props like hand weights, bosu balls, fitness balls, and gliders are used to build strength and flexibility to muscles. Coming two times a week can create muscle endurance and definition. Everyone is welcome!

MixedFit: Mixedfit is a people inspired dance fitness program that is a mix of explosive dancing and boot camp toning. We use the hottest hits that you hear on the radio and in the club with all English lyrics!

Buti Yoga: A soulful blend of power yoga, cardio-intensive tribal dance, strength & conditioning, and deep abdominal toning.

Vinyasa Yoga: Links the breath to movement. Builds upper body & core strength.

Gentle Yoga: Light strengthening yoga with plenty of stretching and longer holds.

Indoor Cycling: On Spinner bikes, riders experience a challenging, exhilarating and fun workout. Knowledgeable and inspiring Certified Spinning Instructors — the core of Spinning — ensure riders enjoy the journey. You'll find athletes equipped with the latest fitness technology riding next to grandmothers brimming with soul, all getting what they want to get out of the ride — whether they ride for fun, tuning in or zoning out, losing weight and improving health, getting ready to race or just enjoying the camaraderie of a group ride.

Aqua Aerobics: In our aquatic aerobics class we focus on general conditioning and overall cardiovascular fitness. We work all muscle groups in the body both anaerobic and aerobically, using equipment such as noodles, dumbbells and water resistance. Due to the low impact environment that the water provides you will be able to perform exercises that you may find difficult to do outside the water. No swimming experience required and all equipment is provided.

AromaFlow: AromaFlow is a 60 min mixed level class open to all members that incorporates pure essential oils that complement yoga by facilitating the mind-body connection, relieving muscle tension, and calming the mind. Experience these effects and deepen your practice using essential oils self-applied at specific points in the sequence of yoga poses and integrated with breathing exercises and guided meditation. Melt away stress and anxiety with techniques you can use anywhere. The class is offered in the Yoga Room (near the men's locker room) and class size is limited to the first nine members. All levels and beginners are welcome.

Cardio Combo: This cardio class will take you through multiple aerobic fitness formats to include, kick boxing, step aerobics, hi-low aerobics, toning and abdominal exercises, topped off with a relaxing stretch. A little of everything, for EVERYONE! If you are looking to try something new each class, improve your aerobic fitness, and burn lots of calories, this class is for you!

Buns and Abs: This is a high intensity interval format that will target, tone, and sculpt those buns and abs. Intense abdominal exercises combined with kicks, jumps, and squats, guaranteed to make you sweat, and take your fitness to the next level. You want results, this is the class for you.

Power Pump: A total body strength class that is challenging and dynamic. This high intensity resistance workout with the use of the barbell will target all the muscle groups with a whopping 800+ repetitions building a strong, lean, body!

Body Blast: Melt fat and torch calories in this fun and challenging class. This class combines the use of body weight and cardio exercises along with resistance exercises and floor work to create a full body work out class.