

Fitness Classes: Winter Break 2016 Active Dates: Dec. 12th-Dec. 21st, 2016 and Jan 4th-13th









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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

DECEMBER

MON 12th	TUES 13th	WED 14th	THURS 15th	FRI 16th
	Indoor Cycling		Indoor Cycling	
	(Mike & Nish) 6-7am		(Mike & Nish) 6-7am	
Yoga (Maria)		Yoga (Maria)		Yoga (Lisa)
7-8am (yoga rm)		7-8am (yoga rm)		7-8am (yoga rm)
	Yoga (Maria)		Yoga (Lisa)	
	12-1pm (yoga rm)		12-1pm (yoga rm)	
Cardio Combo (aerobic rm)	Buns-n-Abs (Tammy)	Power Pump (aerobic rm)	Buns-n-Abs (Tammy)	Power Pump (Michelle)
(Tammy) 12-1pm	12-1pm (aerobic rm)	(Tammy) 12-1pm	12-1pm (aerobic rm)	12-1pm (aerobic rm)
	Indoor Cycling (Krissy)		Indoor Cycling (Krissy)	
	12-1pm		12-1pm	
LlatCana (Caana)		HatCarra (Caarra)		
HotCore (Ceara) 4pm-4:30pm (yoga room)		HotCore (Ceara) 4pm-4:30pm		
Buti Yoga (Ceara)	Yoga (Maria)	Buti Yoga (Ceara)		
4:30-5:30pm (yoga rm)	4:30-5:30pm (yoga rm)	4:30-5:30pm (yoga rm)		
4.00 0.00pm (yoga mi)	4.00 0.00pm (yoga mi)	4.00 0.00pm (yoga mi)		
	Indoor Cycling (Lindsey)		Indoor Cycling (Lindsey)	
	5:30-6:30		5:30-6:30	
Power Pump (Krissy)	Bootcamp Fitness (Leah)	Body Blast (Krissy)	Power Pump (Leah)	
5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	

DECEMBER

MON 19th	TUES 20th	WED 21st	THURS
	Indoor Cycling		Indoor Cycling
	(Mike & Nish) 6-7am		(Mike & Nish) 6-7am
Yoga (Luis)	Yoga (Luis)	Yoga (Luis)	Yoga (Luis)
7-8am (yoga rm)	7-8am (yoga rm)	7-8am (yoga rm)	7-8am (yoga rm)

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Yoga (Lisa)	Yoga (Lisa)	Yoga (Lisa)	Yoga (Lisa)
12-1pm (yoga rm)	12-1pm (yoga rm)	12-1pm (yoga rm)	12-1pm (yoga rm)
Cardio Combo (aerobic rm)	Buns-n-Abs (Tammy)	Power Pump (aerobic rm)	Power Pump (aerobic rm)
(Tammy) 12-1pm	12-1pm (aerobic rm)	(Tammy) 12-1pm	(Tammy) 12-1pm
	Indoor Cycling (Krissy)		Indoor Cycling (Krissy)
	12-1pm		12-1pm
			AC CLOSES at 1pm
HotCore (Ceara)		HotCore (Ceara)	
4pm-4:30pm (yoga room)		4pm-4:30pm (yoga room)	
Buti Yoga (Ceara)	Yoga (Lisa)	Buti Yoga (Ceara)	
4:30-5:30pm (yoga rm)	4:30-5:30pm (yoga rm)	4:30-5:30pm (yoga rm)	
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Power Pump (Krissy)	Bootcamp Fitness (Leah)	Power Pump (Krissy)	
5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	
J.Ju-0.Jupin (delubic IIII)	J.50-0.50pm (aerobic mi)	5.50-0.50pm (aerobic IIII)	

JANUARY

MON 2nd	TUES 3rd	WED 4th	THURS 5th	FRI 6th
			Indoor Cycling	
			(Mike & Nish) 6-7am	
		Yoga (Maria)		Yoga (Maria)
		7-8am (yoga rm)		7-8am (yoga rm)
			Yoga (Lisa)	
			12-1pm (yoga rm)	
		Power Pump (aerobic rm)	Buns-n-Abs (Tammy)	Power Pump (Tammy)
		(Tammy) 12-1pm	12-1pm (aerobic rm)	12-1pm (aerobic rm)
			Indoor Cycling (Krissy)	
			12-1pm	
		HotCore (Ceara)		
		4pm-4:30pm		
		Buti Yoga (Ceara)	Yoga (Maria)	
		4:30-5:30pm (yoga rm)	4:30-5:30pm (yoga rm)	
		Body Blast (Krissy)	Power Pump (Leah)	
		5:30-6:30pm (aerobic rm)	5:30-6:30pm (aerobic rm)	

JANUARY

MON 9th	TUES 10th	WED 11th	THURS 12th	FRI 13th
	Indoor Cycling (Mike & Nish) 6-7am		Indoor Cycling (Mike & Nish) 6-7am	
Yoga (Maria) 7-8am (yoga rm)		Yoga (Maria) 7-8am (yoga rm)		Yoga (Maria) 7-8am (yoga rm)
	Yoga (Maria) 12-1pm (yoga rm)		Yoga (Maria) 12-1pm (yoga rm)	
Cardio Combo (aerobic rm) (Tammy) 12-1pm	Buns-n-Abs (Tammy) 12-1pm (aerobic rm)	Power Pump (aerobic rm) (Tammy) 12-1pm	Buns-n-Abs (Tammy) 12-1pm (aerobic rm)	Power Pump (Tammy) 12-1pm (aerobic rm)
	Indoor Cycling (Krissy) 12-1pm		Indoor Cycling (Krissy) 12-1pm	
HotCore (Ceara) 4pm-4:30pm (yoga room)		HotCore (Ceara) 4pm-4:30pm		
Buti Yoga (Ceara) 4:30-5:30pm (yoga rm)	Yoga (Lisa) 4:30-5:30pm (yoga rm)	Buti Yoga (Ceara) 4:30-5:30pm (yoga rm)	Yoga (Maria) 4:30-5:30pm (yoga rm)	
Power Pump (Krissy) 5:30-6:30pm (aerobic rm)	Bootcamp Fitness (Leah) 5:30-6:30pm (aerobic rm)	Body Blast (Krissy) 5:30-6:30pm (aerobic rm)	Power Pump (Leah) 5:30-6:30pm (aerobic rm)	
5.50-6.50pm (aerobic m)	5.50-6.50pm (aerobic fm)	5.50-6.50pm (aerobic mi)	c.co-c.copiii (acrosic IIII)	