



Fitness Classes: Winter Break 2016

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



Beginner
Beginner/Intermediate
Intermediate

Intermediate/Expert
Expert
All Levels



Visit our website! - recsports.nmsu.edu

PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

DECEMBER

MON 12th	TUES 13th	WED 14th	THURS 15th	FRI 16th
	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 (Lisa) 7-8am (yoga rm)
	Yoga (Maria) 12-1pm (yoga rm)		Yoga (Lisa) 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 (Michelle) 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 (Maria) 4:30-5:30pm (yoga rm)	Buti Yoga (Ceara) 4:30-5:30pm (yoga rm)		
	Indoor Cycling (Lindsey) 5:30-6:30		Indoor Cycling (Lindsey) 5:30-6:30	
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)	

DECEMBER

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

Yoga (Lisa) 12-1pm (yoga rm)	Yoga (Lisa) 12-1pm (yoga rm)	Yoga (Lisa) 12-1pm (yoga rm)	Yoga (Lisa) 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	Power Pump (aerobic rm) (Tammy) 12-1pm
	Indoor Cycling (Krissy) 12-1pm		Indoor Cycling (Krissy) 12-1pm
			AC CLOSSES at 1pm
HotCore (Ceara) 4pm-4:30pm (yoga room)		HotCore (Ceara) 4pm-4:30pm (yoga room)	
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)	
Power Pump (Krissy) 5:30-6:30pm (aerobic rm)	Bootcamp Fitness (Leah) 5:30-6:30pm (aerobic rm)	Power Pump (Krissy) 5:30-6:30pm (aerobic rm)	

JANUARY

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

