

## Fitness Classes: Summer 2017

### Active Dates: July 3-August 4th



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
	Indoor Cycling (Mike & Nish) 6-7am		Indoor Cycling (Mike & Nish) 6-7am	
Yoga (Maggie) 7-8am (yoga rm)	Yoga (Luis) 7-8am (yoga rm)	Yoga (Maggie) 7-8am (yoga rm)	Yoga (Luis) 7-8am (yoga rm)	Yoga (Maggie) 7-8am (yoga rm)
Yoga (Luis) 12-1pm (yoga rm)	Yoga (Lisa) 12-1pm (yoga rm)	Yoga (Sasha) 12-1pm (yoga rm)	Yoga (Lisa) 12-1pm (yoga rm)	Yoga (Lisa) 12-1pm (yoga rm)
Cardio Combo (aerobic rm) (Tammy) 12-1pm	Boot Camp (Michelle) 12-1pm (aerobic rm)	Group RIP (aerobic rm) (Tammy) 12-1pm	Boot Camp (Michelle) 12-1pm (aerobic rm)	Group RIP (Michelle) 12-1pm (aerobic rm)
Aquatic Fitness (Sara) 12-12:45pm	Indoor Cycling (Krissy) 12-1pm	Aquatic Fitness (Sara) 12-12:45pm	Indoor Cycling (Krissy) 12-1pm	Aquatic Fitness (Sara) 12-12:45pm
Indoor Cycling (Lindsey) 12-1pm		Indoor Cycling (Lindsey) 12-1pm		
HotCore (Ceara) 4pm-4:30pm (yoga room)		HotCore (Ceara) 4pm-4:30pm (yoga room)		
Buti Yoga (Ceara) 4:30-5:30pm (yoga rm)	Yoga (Maggie) 4:30-5:30pm (yoga rm)	Buti Yoga (Ceara) 4:30-5:30pm (yoga rm)	Yoga (Maggie) 4:30-5:30pm (yoga rm)	
			Indoor Cycling (Frances) 5:30-6:30pm	
Yoga (Lisa) 5:30-6:30pm (yoga rm)	Aquatic Fitness (Rachel) 5:30pm-6:15pm	Yoga (Lisa) 5:30-6:30pm (yoga rm)	Aquatic Fitness (Rachel) 5:30pm-6:15pm	
Group RIP (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)	Group RIP (Leah) 5:30-6:30pm (aerobic rm)	
MIXXEDFIT (Jerry) 6:30-7:30pm (aerobic rm)		MIXXEDFIT (Jerry) 6:30-7:30pm (aerobic rm)		

### **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 646-2907 or email: [aggiefit@nmsu.edu](mailto:aggiefit@nmsu.edu)

## 6. There are no classes on University holidays.

**Hot Core:** HotCore is a 30 minute class that utilizes the Spiral Structure Technique to engage the deep muscles of the core. Broken into pre-sequenced sets to maximize muscle toning, look and functionality, Hotcore is the perfect add-on class for students looking to enhance core strength or push the limits of their yoga practice.

**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.

**Yoga:** A combination of gentle and vinyasa yoga. Vinyasa Yoga links the breath to movement and builds upper body and core strength while gentle yoga provides gentle stretching and longer holds

**Indoor Cycling:** On Spinner bikes, riders experience a challenging, exhilarating and fun workout. 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.

**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.

**Group RIP:** 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!

**Bootcamp Fitness:** is an intermediate class that incorporates plyometrics, strength and interval training. Every week is a different workout introducing the BOSU, gliders, the bench, and weights. It's high impact cardio that challenges the heart and muscles. Cool down includes abs and yoga type stretches.

**HIIT:** High-Intensity Interval Training is an intense bursts of exercise, followed by short but active, recovery periods. This class will



