



Fitness Classes: Summer 1 2019
Active Dates: May 28th-June26th

Beginner	All Levels	Intermediate/Expert
Beginner/Intermediate		Expert

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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) 6:30-7:30am (yoga rm)	Yoga (Maggie) 6:30-7:30am (yoga rm)	Yoga (Maggie) 6:30-7:30am (yoga rm)	Yoga (Maggie) 6:30-7:30am (yoga rm)	
Yoga (Luis) 12-1pm (yoga rm)	Yoga-Power (Anabelle) 12-1pm (yoga rm)	Yoga (Soquel) 12-1pm (yoga rm)	Yoga (Luis) 12-1pm (yoga rm)	Yoga-Power (Anabelle) 12-1pm (yoga rm)
Step & Sculpt (aerobic rm) (Tammy) 12-1pm	Absolute Core (Tammy) 12:00-12:45pm (aerobic rm)	Power Pump (aerobic rm) (Tammy) 12-1pm	Cardio Combo(Tammy) 12:00-12:45pm (aerobic rm)	Power Pump (aerobic rm) (Tammy) 12-1pm
	IndoorCycling(Amanda) 12-12:45pm		IndoorCycling(Amanda) 12-12:45pm	
Aquatic Fitness (Rachel) 12-12:45pm		Aquatic Fitness (Rachel) 12-12:45pm		
Buti Yoga (Anabelle) 4:30-5:20pm (yoga rm)		Buti Yoga (Anabelle) 4:30-5:20pm (yoga rm)		
IndoorCycling(Amanda) 5:30-6:15pm		IndoorCycling(Amanda) 5:30-6:15pm		
Yoga-Hatha Flow (Gem) 5:30-6:30pm (yoga rm)	Yoga-Hatha Flow (Gem) 5:30-6:30pm (yoga rm)	Yoga-Hatha Flow (Gem) 5:30-6:30pm (yoga rm)	Yoga (Soquel) 5:30-6:30pm (yoga rm)	
Power Pump (Leah) 5:30-6:30pm (aerobic rm)	Absolute Core (Leah) 5:30-6:30pm (aerobic rm)	Step and Sculpt (Patrick) 5:45-6:45 (aerobic rm)	Power Pump (Leah) 5:30-6:30pm (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
6. There are no classes on University holidays.

Absolute Core: A full hour of core sculpting targeting abdominals for a toned and redefined belly. All levels of intensity to work the core. More than just crunches! Challenge your core with strength exercises that will include planks and balancing

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

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

Indoor Cycling: Indoor cycling gives you forty-five minutes of calorie-burning cardio that will increase your endurance and build your confidence. With great music and a group atmosphere, your instructor will take you through hill climbs, sprints, and flat roads. The best part is that you control everything. From your speed and resistance to your intensity level, your workout can be as easy or as challenging as you make it. Remember to bring a towel and water bottle!

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.

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!

Power Yoga: Fitness based vinyasa-style emphasizing on flexibility and strength

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!

Step and Sculpt: This class is a combination of step aerobics and strength training that provide a high energy, fun and fat burning class to the latest music.

