



Fitness Classes: Summer Interim
Active Dates: May 13th- May24th



Beginner
Beginner/Intermediate
Intermediate

Intermediate/Expert
Expert
All Levels



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PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON 5/13	TUES 5/14	WED 5/15	THURS 5/16	FRI 5/17
Cardio Combo (aerobic rm) (Tammy) 12-1pm	Buns & Abs (Tammy) 12-1pm (aerobic rm)	Group RIP (aerobic rm) (Tammy) 12-1pm	Cardio Combo (Tammy) 12-1pm (aerobic rm)	
Yoga (Luis) 12-1pm (yoga rm)	Yoga (Angelina) 12-1pm (yoga rm)	Yoga (Soquel) 12-1pm (yoga rm)	Yoga (Luis) 12-1pm (yoga rm)	
	Indoor Cycling (Amanda) 12-1pm		Indoor Cycling (Amanda) 12-1pm	
MON 5/20	TUES 5/21	WED 5/22	THURS 5/23	FRI 5/24
Cardio Combo (aerobic rm) (Tammy) 12-1pm	Buns & Abs (Tammy) 12-1pm (aerobic rm)	Group RIP (aerobic rm) (Michelle) 12-1pm	Cardio Combo (Michelle) 12-1pm (aerobic rm)	
Yoga (Luis) 12-1pm (yoga rm)	Yoga (Angelina) 12-1pm (yoga rm)	Yoga (Soquel) 12-1pm (yoga rm)	Yoga (Luis) 12-1pm (yoga rm)	
	Indoor Cycling (Amanda) 12-1pm		Indoor Cycling (Amanda) 12-1pm	

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.

AE32:AG32AE31:AL32