



Fitness Classes: Fall 2019

Active Dates: Aug. 26th - Dec 13th

Yoga	Aerobic	Aqua	Spin	Dance
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Visit our website! - recsports.nmsu.edu

PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION

MON	TUES	WED	THURS	FRI
Total Body Fit (Gage) 6:30am-7:30am	Indoor Cycling (Mike & Nish) 6-7am	Total Body Fit (Gage) 6:30am-7:30am	Indoor Cycling (Mike & Nish) 6-7am	
	PowerPump(Katrina) 6-7am (aerobic rm)		PowerPump(Katrina) 6-7am (aerobic rm)	
Yoga (Maggie) 7-8am (yoga rm)	Yoga (Maggie) 7-8am (yoga rm)	Yoga (Gem) 7am-8am (yoga rm)	Yoga (Maggie) 7-8am (yoga rm)	Yoga (Maggie) 7-8am (yoga rm)
Yoga (Luis) 12-1pm (yoga rm)	Yoga (Angelina) 12-1pm (yoga rm)	Yoga (Marissa) 12-1pm (yoga rm)	Yoga(Luis) 12-1pm (yoga rm)	Yoga (Gem) 12-1pm (yoga rm)
Cardio Combo (Tammy) 12-1pm (aerobic rm)	Buns-n-Abs (Tammy) 12:00-12:45pm (aerobic rm)	Power Pump (Tammy) 12-1pm (aerobic rm)	Cardio Combo(Tammy) 12:00-12:45pm (aerobic rm)	PowerPump (Tammy) 12:00-1pm (aerobic rm)
	IndoorCycling(Amanda) 12-12:45pm		IndoorCycling(Mackenzie) 12-12:45pm	
Aquatic Fitness (Rachel) 12-12:45pm		Aquatic Fitness (Rachel) 12-12:45pm		Aquatic Fitness (Rachel) 12-12:45pm
Buti Yoga (Salma) 4:15-5:15pm (yoga rm)		Buti Yoga (Salma) 4:15-5:15pm (yoga rm)		
IndoorCycling(Amanda) 5:30-6:15pm	IndoorCycling(Mackenzie) 5:30-6:15pm	IndoorCycling(Mackenzie) 5:30-6:15pm	IndoorCycling(Amanda) 5:30-6:15pm	
Yoga (Marissa) 5:30-6:30pm (yoga rm)	Yoga (Marissa) 5:30-6:30pm (yoga rm)	Yoga (Shaylee) 5:30-6:30pm (yoga rm)	Yoga (Shaylee) 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&Sculpt (Patrick) 5:30-6:30pm (aerobic rm)	Power Pump (Leah) 5:30-6:30pm (aerobic rm)	
MIXXEDFIT (Andrea) 6:30-7:30pm (aerobic rm)		MIXXEDFIT (Andrea) 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
6. There are no classes on University holidays.

TotalBody Fit: body weight based class that focuses on balance, muscle endurance and cardio respiratory endurance. It consists of interval training and anyone new or experienced to exercising can attend.

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

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

Indoor Cycling: On Spinner bikes, riders experience a challenging, exhilarating and fun workout. Knowledgeable and inspiring Certified Spinning Instructors — the core of Spinning — ensure riders enjoy the journey. 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

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!

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.

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