



**Fitness Classes: June 1st- July 2nd**

[www.recsports.nmsu.edu/zoom-aggiefit/](http://www.recsports.nmsu.edu/zoom-aggiefit/)

**Yoga**

**Aerobic**

**Visit our website! - [recsports.nmsu.edu](http://recsports.nmsu.edu)**

**PROPER ACCESS TO THE ACTIVITY CENTER IS NECESSARY FOR PARTICIPATION**

MON	TUES	WED	THURS	FRI
Yoga (Gem) 8-9am	Yoga (Gem) 7am-8am	Yoga (Gem) 8am-9am	Yoga (Gem) 7am-8am	Yoga (Gem) 8am-9am
Cardio combo/kickbox (Tammy) 12-1pm	Buns&Abs (Tammy) 12-1pm	Total Strength (Tammy) 12-1pm	Body Weight Blast (Tammy) 12-1pm	Total Strength (Tammy) 12-1pm
Yoga (Gem) 12-1pm	Yoga (Angelina) 12-1pm	Yoga HIIT (Angelina) 12-1pm	Yoga (Shaylee) 12-1pm	Yoga (Shaylee) 12-1pm
Yoga (Caitlin) 5:30-6:30pm	Yoga (Kelly) 5:30-6:30pm	Yoga (Caitlin) 5:30-6:30pm	Yoga (Kelly) 5:30-6:30pm	
Abs/Core Strength (Leah) 5:30-6:30pm	Cardio/Bootcamp (Leah) 5:30-6:30pm	Cardio combo (Luisa) 5:30-6:30pm	Bend&Balance (Leah) 5:30-6:30pm	

**AggieFit Aerobics Class Policies**