

New Mexico State University

Department of Physical Education, Recreation & Dance

Fitness and Wellness Classes for University Employees

The following programs will be available free of charge to faculty and staff. These programs are designed to assist you in getting fit, reducing stress, injury recovery and overall wellness and quality of life. Minerva (Sam) Siegel is a certified personal trainer and yoga instructor who has been providing health promotion and fitness programs in the Las Cruces community for more than 20 years.

CLASS SCHEDULE & LOCATION	CLASS DESCRIPTION FOR MORE INFORMATION CALL 646-2216 OR 646-3327
<p><i>LIGHT & LIVELY CROSS TRAINING AEROBIC</i></p> <p>Mon. & Wed. 12:10pm-1:00pm</p> <p>Activity Center, Room # 229</p>	<p>A fun and energetic aerobic class combining walking and weight lifting with hand weights to create different levels of aerobic intensity. Class begins with a 5 min. warm-up, followed by stretch to release tension and encourage flexibility, we then use hand and ankle weights to produce muscle toning along with 25 minutes of aerobic activity at 65-85% of your cardiovascular capacity. Class concludes with stomach, gluteal, back and hip exercises and soothing stretches so that the rest of your day has an “up” attitude.</p>
<p><i>YOGA</i></p> <p>Mon. & Wed. 5:15-6:30 pm Tues & Thurs 7:00-8:00 am</p> <p>Academic Research C, rm110 Safety Training Facility</p>	<p>Yoga is designed to soothe and balance the mind, body and emotions while gaining more flexibility, strengthening muscles and improving postural alignment.</p>
<p><i>CIRCUIT/PACE TRAINING</i></p> <p>Friday 12:10pm-1:00 pm</p> <p>Coca Cola Weight Training Center</p>	<p>Utilizing a self-paced approach, this class is ideal for both beginners and advanced participants. Exercise machines combined with aerobics helps to increase strength and cardiovascular fitness.</p>

Live, Learn and Thrive

