

AggieFit Aerobics Classes: Spring 2012 Schedule

Jan 23 - May 11**



Instructor Key:

Ruth Annajolie	Mike & Nish Maria	Talia Esteban	Brittany Marieke
Tammy Jessica	Dawn Rachel	Hayley Elizabeth	
Cecil	Vittoria	Nayeli	



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PROPER ACCESS TO THE ACTIVITY CENTER MUST BE PRESENTED!

MON	TUES	WED	THURS	FRI	SAT
	Morning Ride (Indoor Cycling)6-7am		Morning Ride (Indoor Cycling)6-7am		
Yoga 8 - 9am (mat room)	Cardio Combo 8 - 845am	Yoga 8 - 9am (mat room)	Cardio Combo 8 - 845am		
				Core Fitness 930 - 1030am	
Cardio Combo 12-1 pm		Cardio Combo 12-1 pm			
Noon Ride (Indoor Cycling) 12-1pm	Muscle Fusion 12 - 1pm	Noon Ride (Indoor Cycling) 12-1pm	Cardio/Cut to the Core 12 - 1pm	Power Cut 12-1 pm	Cardio Kickboxing 11am-12pm (BEGINS ON JAN 28)
Aquatic Fitness 12 - 1245pm (Natatorium)	Noon Ride (Indoor Cycling) 12-1pm	Aquatic Fitness 12 - 1245pm (Natatorium)	Noon Ride (Indoor Cycling) 12-1pm	Noon Ride (Indoor Cycling) 12-1pm	
Yoga 12-1 pm (mat room)	Yoga 12-1pm (mat room)	Yoga 12-1 pm (mat room)	Yoga 12-1 pm (mat room)	Aquatic Fitness 12-1245pm (Natatorium)	
Stretch-n-Strength 12-1pm (Yoga Rm)*		Stretch-n-Strength 12-1pm (Yoga Rm)*		Yoga 12-1pm (mat room)	
Pilates 2-3pm (mat room)		Pilates 2-3pm (mat room)		Yoga 2-3pm (mat room)	
Zumba 3 - 4pm	Yoga 3-4pm (mat room)	Zumba 3 - 4pm	Yoga 3-4pm (mat room)	Zumba 3 - 4pm	
Simply Step 4 - 5pm	Body Tone 4:15 - 5:15pm	Simply Step 4 - 5pm	Body Tone 4:15 - 5:15pm	BOSU Challenge 4 - 5pm	
Yoga 545-630pm (mat room)	Aquatic Fitness 530-615pm (Natatorium)	Yoga 545-630pm (mat room)	Aquatic Fitness 530-615pm (Natatorium)	Evening Ride (Indoor Cycling) 530-630	
Evening Ride (Indoor Cycling) 530-630	Buns-n-Abs 545 - 630pm	Evening Ride (Indoor Cycling) 530-630	Buns-n-Abs 545 - 630pm	Muscle Fusion 530 - 630pm	
Body Blast 530 - 630pm	Evening Ride (Indoor Cycling) 530-630	Body Blast 530 - 630pm	Evening Ride (Indoor Cycling) 530-630		
Zumba 630-730pm	Zumba 630-730pm	Zumba 630-730pm	Zumba 630-730pm		

* Regarding classes taking place in the Yoga Room, space is limited within this facility (max. capacity = 10 patrons). As noted below, availability is considered first come, first served.

** The displayed schedule and date duration does not reflect classes offered (if any) during any given semester breaks or interim periods.

AggieFit Aerobics Class Policies

1. Please note class location. MOST classes take place within Room 124 of the Activity Center, unless otherwise noted.
2. All aerobics class patrons must be AggieFit members in order to access the classes.
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 646-5178 or email: aggiefit@nmsu.edu