



February 2012 Fitness Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:20 am (RM 205)						
12:25-1:15 pm (RM 225)	12:15-1:15pm located in RM 205			located in RM 205		2:15-3:15pm
2:00-3:00 pm (Rec Court)	POWER plyometrics				POWER plyometrics	
3:00-4:00 pm (RM 131)	tPT Training Personal Trainers		FIT Fitness Instructors In Training	tPT Training Personal Trainers		
5:00-5:50 pm (RM 205)		Located in Rec Court		Located in Rec Court	4:30-5:20pm	4:15-5:15pm
5:30-6:30 pm (RM 225)				TBC		
5:30-6:30 pm (RM 205)					<div style="text-align: center;"> <p>It's HERE!</p> <p>You raved over PiYo™! You jammed to TurboKick™! Now get ready for</p> <p>the class that will make you feel like a hip hop dancer with easy to follow moves and results you can feel! Join us for the launch on</p> <p>2.27.12 Are YOU ready to dance?</p> </div>	
6:00-7:00 pm (Rec Entrance)		Coming Feb 14th!		Located in Rec Entrance		
6:00-7:00 pm (RM 205)		TBC				
6:40-7:40 pm (RM 225)	7:00-7:40pm	ABS & BACK 6:35-7:00pm				
7:05-8:05pm (RM 205)						
7:30-8:30 pm (RM 205)		YOGA CHALLENGE				
7:45-8:45 pm (RM 225)						
8:55-9:55pm (RM 225)						

SPECIALTY CLASSES

CLASS NAME	DAY	TIME	LOCATION	DATES	INSTRUCTOR	PRICE
	M	7:05-8:05	205	23 Jan- 28 Feb	Sandra Leal	\$20
Afaa Group Fitness Instructor Cert.	Fri-Sun	9 am- 6 pm	131	9 Mar-11 Mar	AFAA	\$299
FIT	W	3 pm-4 pm	131	22 Feb-18 Apr	Victoria Davenport	\$20
tPT	M & TH	3 pm-4 pm	131	20 Feb - 26 Apr	Aaron Garza & Victoria Davenport	\$20

Classes effective Feb 1-29. All classes are held in Recreation Center Room 225 unless marked. Schedule is subject to change. Check Online or Rec Front Desk (956) 326-2289 for any changes. All classes are FREE for Rec members, except Specialty classes (the shaded boxes). All enrolled TAMU students are Rec members. *For questions regarding hiring or schedule contact Victoria Davenport @ victoria.davenport@tamui.edu or call 956-326-3017.

tPT training Personal Trainers

WANT TO BE A PERSONAL TRAINER? Now is your chance! Apply now for tPT in the Spring semester!
GET THE INFO. LEARN THE TECHNIQUES. GET CERTIFIED.

Join the fun!



Fitness Nutrition Sessions are back!
TUESDAYS at 6 pm in room 131!
Join our Nutritionist and the team as we help you begin a healthy lifestyle today!

Fitness Nutrition : Chose Right. Eat Right. Feel Right!