



The WOW

World of Wellness FALL 2019 FITNESS SCHEDULE

AUGUST 19-DECEMBER 6, 2019

MONDAY

Circuit Training

12:00pm-1:00pm
JC B06

Aqua Jogging

12:00pm-1:15pm
Johnson Pool

Yoga

12:00pm-1:00pm
JC 1102

Circuit Training

5:30pm-6:30pm
JC B06

UNM JOHNSON CENTER WILL BE OPEN DURING THE RENOVATION AND EXPANSION PROJECT!

PLEASE USE WEST ENTRANCE TO UNM JOHNSON CENTER!

TUESDAY

Yoga

12:00pm-1:00pm
North Campus
Domenici Center

Yoga

12:00pm-1:00pm
JC 1102

Circuit Training

12:00pm-1:00pm
JC B06

PiYo

12:00pm-1:00pm
JC 150

Pilates

12:30pm-1:30pm
SMLC B92

Circuit Training

5:30pm-6:30pm JC B06

Personal Defense

6:00pm-7:00pm JC 154

Deep Water Aerobics

5:30pm-6:30pm
Johnson Pool

Warm Water Stretch

6:35pm-7:15pm
Therapy Pool



WEDNESDAY

Circuit Training

12:00pm-1:00pm
JC B06

Yoga

12:00pm-1:00pm
JC 1102

Pilates

12:00pm-1:00pm
JC 150

Aqua Jogging

12:00pm-1:15pm
Johnson Pool

Fit Life

3:00pm-4:00pm
JC B06

Circuit Training

5:30pm-6:30pm
JC B06



THURSDAY

PiYO

12:00pm-1:00pm
JC 150

Circuit Training

12:00pm-1:00pm
JC B06

Aqua Jogging

12:00pm-1:15pm
Johnson Pool

Yoga

12:00pm-1:00pm
North Campus
Domenici Center

Pilates

12:30pm-1:30pm
SMLC B92

Circuit Training

5:30pm-6:30pm
JC B06

Personal Defense

6:00pm-7:00pm
JC 154

FRIDAY

Pilates

12:00pm-1:00pm
JC 150

Circuit Training

12:00pm-1:00pm
JC B06

Yoga

12:00pm-1:00pm
JC 1102



The "WOW" Pass is valid for all classes on the FALL 2019 "WOW" Schedule. NO CLASSES: SEPTEMBER 2, OCTOBER 10-11, NOVEMBER 28-29 NO discounts offered. ALL classes, times, names, dates, instructors and locations are subject to change or cancellation at any time. Please check with the UNM Recreational Services office to register and/or for changes in the schedule prior to the beginning of class. These classes are not available for academic credit. Tuition remission benefits are now available for full time UNM Faculty and Staff.

\$75.00

UNM Students

\$100.00

UNM Faculty/Staff

\$125.00

Community

THE UNIVERSITY OF NEW MEXICO
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

recservices.unm.edu

Division of Student Affairs
Some programs & services paid for by UNM Student Fees