



# RECREATIONAL SERVICES

## The **WOW** World of Wellness FALL 2018 FITNESS SCHEDULE

# AUGUST 20 - DECEMBER 7, 2018

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY**

**Circuit Training**  
12:00pm-1:00pm  
JC B06

**Yoga**  
12:00pm-1:00pm  
JC 1102

**Circuit Training**  
5:30pm-6:30pm  
JC B06

**Deep Water Aerobics**  
5:30pm-6:30pm  
Johnson Pool

**Warm Water Stretch**  
6:35pm-7:30pm  
Therapy Pool

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

**Circuit Training**  
12:00pm-1:00pm JC B06

**Relaxercise**  
12:00pm-1:00pm  
UNM Business Center  
3rd Floor

**PiYo**  
12:00pm-1:00pm  
JC 1102

**Pilates**  
12:30pm-1:30pm  
SMLC B92

**Circuit Training**  
5:30pm-6:30pm JC B06

**MMA**  
6:00pm-7:00pm JC 150

**Circuit Training**  
12:00pm-1:00pm  
JC B06

**Yoga**  
12:00pm-1:00pm  
JC 1102

**Pilates**  
12:00pm-1:00pm  
JC 150

**Hatha Yoga**  
12:30pm-1:30pm  
UNM Business Center  
3rd Floor

**Aqua Jogging**  
12:00pm-1:00pm  
Johnson Pool

**Circuit Training**  
5:30pm-6:30pm  
JC B06

**PiYO**  
12:00pm-1:00pm  
JC 1102

**Circuit Training**  
12:00pm-1:00pm  
JC B06

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

**Relaxercise**  
12:00pm-1:00pm  
UNM Business Center  
3rd Floor

**Pilates**  
12:30pm-1:30pm  
SMLC B92

**Circuit Training**  
5:30pm-6:30pm  
JC B06

**MMA**  
6:00pm-7:00pm  
JC 150

**Pilates**  
12:00pm-1:00pm  
JC 150

**Aqua Jogging**  
12:00pm-1:00pm  
Johnson Pool

**Circuit Training**  
12:00pm-1:00pm  
JC B06

**Yoga**  
12:00pm-1:00pm  
JC 1102

**Prices:**

**\$75.00**

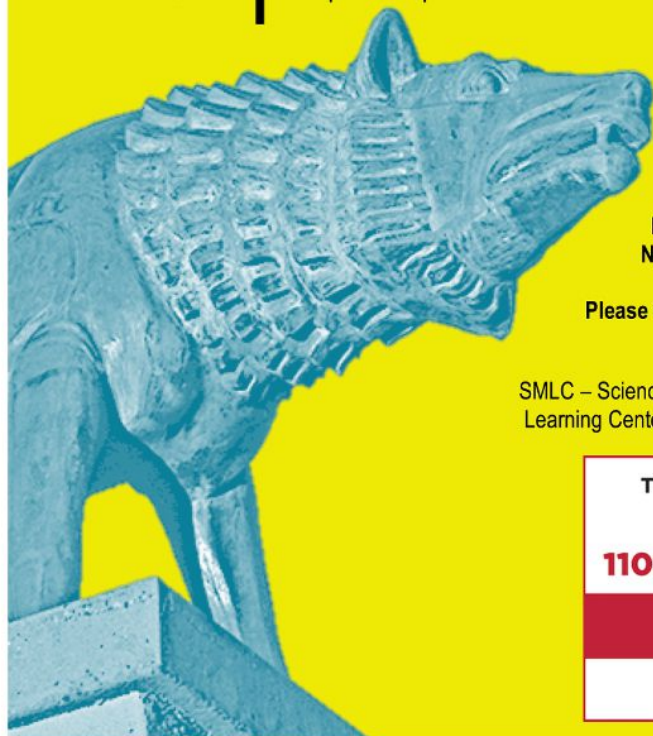
UNM Students

**\$100.00**

UNM Faculty/Staff

**\$125.00**

Community



The "WOW" Pass is valid for all classes on the FALL 2018 "WOW" Schedule.

**NO CLASSES: SEPTEMBER 3, OCTOBER 11-12, NOVEMBER 22-23**  
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.

SMLC - Science Math Learning Center

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