RECREATIONAL SERVICES

SPRING 2020

The WOW Fitness Schedule

JANUARY 21 - MAY 15, 2020

TUESDAY

Hatha Vinyasa Yoga
7:30am-8:30am
JC 1102 - Karen

Yoga Infusion
7:30am-8:30am
JC 1102 - Satya

PiYo
12:00pm-1:00pm
North Campus
HSC DCNE 2401 - Tiffany

Gentle & Yin Yoga
12:00pm-1:00pm
JC 1102 - Farah

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

Aqua Jogging
12:00pm-1:15pm
UNM Olympic Pool
Deep End - Marty

Vinyasa Flow Yoga
12:30pm-1:30pm
SMLC B92 - Camila

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

PLEASE USE WEST ENTRANCE TO UNM JOHNSON CENTER!

MORE FITNESS CLASSES WILL BE ADDED WHEN THE JOHNSON CENTER RENOVATION PROJECT IS COMPLETE!

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

WEDNESDAY

Yoga Infusion
7:30am-8:30am
JC 1102 - Satya

Hatha Vinyasa Yoga
11:00am-12:00pm
JC 1102 - Karen

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

Yoga Infusion
12:00pm-1:00pm
JC 1102 - Satya

Latin Dance
12:00pm-1:00pm
North Campus
HSC Nursing/Pharmacy 364 - Amy

PiYo
12:00pm-1:00pm
JC B06 - Clem

Aqua Jogging
12:00pm-1:15pm
UNM Olympic Pool
Deep End - Marty

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

Vinyasa Flow Yoga
5:30pm-6:30pm
JC 1102 - Camila

PERSONAL DEFENSE
6:00pm-7:00pm
JC 120 - Josh

$75.00

UNM Students

$100.00

UNM Faculty/Staff

$125.00

Community

THURSDAY

Vinyasa & Strengthening Yoga
12:00pm-1:00pm
JC 1102 - Farah

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

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

Aqua Jogging
12:00pm-1:15pm
UNM Olympic Pool
Deep End - Marty

Yoga
12:00pm-1:00pm
North Campus
HSC Nursing/Pharmacy 364 - Amy

Pilates
12:00pm-1:00pm
JC 1102 - Alisha

Deep Water Aerobics
12:00pm-1:15pm
UNM Olympic Pool
Deep End - Marty

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

Vinyasa Flow Yoga
5:30pm-6:30pm
JC 1102 - Camila

PERSONAL DEFENSE
6:00pm-7:00pm
JC 120 - Josh

FRIDAY

Pilates
12:00pm-1:00pm
JC 1102 - Alisha

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

The "WOW" Pass is valid for all classes on the SPRING 2019 "WOW" Schedule.

NO CLASSES: MARCH 14-22, 2020

UNM Spring Break.

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.

UNIVERSITY OF NEW MEXICO
Recreational Services
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recservices.unm.edu

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