RECREATIONAL SERVICES
The WOW Fitness Schedule
JANUARY 21 - MAY 15, 2020

MONDAY
- Yoga Infusion
  7:30am-8:30am
  JC 1102 - Satya
- PiYo
  12:00pm-1:00pm
  North Campus HSC DC2401 - 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
- Personal Defense
  5:00pm-6:00pm
  JC 120 - Josh
- Vinyasa Flow Yoga
  5:30pm-6:30pm
  JC 1102 - Camila
- Circuit Training
  5:30pm-6:30pm
  JC B06 - Zeke

TUESDAY
- Hatha Vinyasa Yoga
  7:30am-8:30am
  JC 1102 - Satya
- PiYo
  12:00pm-1:00pm
  North Campus HSC DC3720 - Amy
- Circuit Training
  12:00pm-1:00pm
  JC B06 - Clem
- Aqua Jogging
  12:00pm-1:15pm
  UNM Olympic Pool Deep End - Marty
- Vinyasa Flow Yoga
  5:30pm-6:30pm
  JC 1102 - Camila
- Circuit Training
  5:30pm-6:30pm
  JC B06 - Zeke

WEDNESDAY
- Yoga Infusion
  7:30am-8:30am
  JC 1102 - Satya
- Hatha Vinyasa Yoga
  7:30am-8:30am
  JC 1102 - Karen
- Yoga
  11:00am-12:00pm
  JC 1102 - Karen
- Circuit Training
  12:00pm-1:00pm
  JC B06 - Clem
- Yoga
  12:00pm-1:00pm
  North Campus EMS 1620 East - Amy
- Pilates
  12:00pm-1:00pm
  JC 1102 - Alisha
- Deep Water Aerobics
  12:00pm-1:15pm
  UNM Olympic Pool Deep End - Marty
- Personal Defense
  5:00pm-6:00pm
  JC 120 - Josh
- Circuit Training
  5:30pm-6:30pm
  JC B06 - Zeke
- Vinyasa Flow Yoga
  5:30pm-6:30pm
  JC 1102 - Camila

THURSDAY
- Yoga Infusion
  7:30am-8:30am
  JC 1102 - Satya
- Hatha Vinyasa Yoga
  7:30am-8:30am
  JC 1102 - Karen
- Circuit Training
  12:00pm-1:00pm
  JC B06 - Clem
- Circuit Training
  12:00pm-1:00pm
  JC B06 - Clem
- Yoga
  12:00pm-1:00pm
  UNM Olympic Pool Deep End - Marty
- Yoga
  12:00pm-1:00pm
  North Campus DC3720 - Amy
- PIYo
  12:00pm-1:00pm
  JC 150 - Tiffany
- Circuit Training
  5:30pm-6:30pm
  JC B06 - Zeke
- Vinyasa Flow Yoga
  5:30pm-6:30pm
  JC 1102 - Camila

FRIDAY
- Pilates
  12:00pm-1:00pm
  JC 1102 - Alisha
- 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 DC3720 - Amy
- PIYo
  12:00pm-1:00pm
  JC 150 - Tiffany
- Circuit Training
  5:30pm-6:30pm
  JC B06 - Zeke
- Vinyasa Flow Yoga
  5:30pm-6:30pm
  JC 1102 - Camila

UNM JOHNSON CENTER WILL BE OPEN DURING THE RENOVATION AND EXPANSION PROJECT!
MORE FITNESS CLASSES WILL BE ADDED WHEN THE JOHNSON CENTER RENOVATION PROJECT IS COMPLETE!

$75.00
UNM Students

$100.00
UNM Faculty/Staff

$125.00
Community