



RECREATIONAL SERVICES

The **WOW** World of Wellness

SPRING 2019 FITNESS SCHEDULE

JANUARY 14 – MAY 10, 2019

MONDAY

Circuit Training

12:00pm-1:00pm
JC B06

Aqua Jogging

12:00pm-1:00pm
Johnson Pool

Yoga

12:00pm-1:00pm
JC 1102

Circuit Training

5:30pm-6:30pm
JC B06

Personal Defense

6:00pm-7:00pm
JC 154

MMA

7:00pm-8:00pm
JC 154

TUESDAY WEDNESDAY

Yoga

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

Circuit Training

12:00pm-1:00pm
JC B06

PiYo

12:00pm-1:00pm
JC 150

Pilates

12:30pm-1:30pm
SMC B92

Circuit Training

5:30pm-6:30pm
JC B06

Deep Water Aerobics

6:00pm-7:00pm
Johnson Pool

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-1:00pm
Johnson Pool

Circuit Training

5:30pm-6:30pm
JC B06

Personal Defense

6:00pm-7:00pm
JC 154

MMA

7:00pm-8:00pm
JC 154

THURSDAY FRIDAY

PiYO

12:00pm-1:00pm
JC 150

Circuit Training

12:00pm-1:00pm
JC B06

Yoga

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

Pilates

12:30pm-1:30pm
SMC B92

Circuit Training

5:30pm-6:30pm
JC B06

Deep Water Aerobics

6:00pm-7:00pm
Johnson Pool

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

\$75.00

UNM Students

\$100.00

UNM Faculty/Staff

\$125.00

Community

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

NO CLASSES: JANUARY 21, MARCH 11-15, 2019

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

