



RECREATIONAL SERVICES

SPRING 2023

The WOW Fitness Schedule

JANUARY 23-MAY 12, 2023



MONDAY

AQUA JOGGING

Marty M
12:00pm-1:00pm
UNM Olympic Pool

CIRCUIT TRAINING

Dante B
12:00pm-1:00pm
JC Functional Training Room

SOUL FUSION

Tiffany R
12:00pm-1:00pm
UNM Dance Room

SUNSET YOGA

Dakarai M
5:30pm-6:30pm
JC Fitness Room

LOBO CYCLING

Tricia H
5:30pm-6:30pm
JC Spin Room

TUESDAY

YOGA

Felisha M
7:00am-7:50am
JC Fitness Room

POWER CORE

Sharka O
12:00pm-1:00pm
UNM Dance Room

YOGA

Felisha M
12:00pm-1:00pm
JC Fitness Room

AQUA JOGGING

Marty M
12:00pm-1:00pm
UNM Olympic Pool

PILATES

Alisha R
12:00pm-1:00pm
JC Mat Room

SUNSET YOGA

Dakarai M
5:30pm-6:30pm
JC Fitness Room

WEDNESDAY

AQUA JOGGING

Marty M
12:00pm-1:00pm
UNM Olympic Pool

CIRCUIT TRAINING

Dante B
12:00pm-1:00pm
JC Functional Training Room

SOUL FUSION

Tiffany R
12:00pm-1:00pm
UNM Dance Room

SUNSET YOGA

Dakarai M
5:30pm-6:30pm
HESS B-539

LOBO CYCLING

Tricia H
5:30pm-6:30pm
JC Spin Room

THURSDAY

YOGA

Felisha M
7:00am-7:50am
JC Fitness Room

POWER CORE

Sharka O
12:00pm-1:00pm
UNM Dance Room

YOGA

Felisha M
12:00pm-1:00pm
JC Fitness Room

AQUA JOGGING

Marty M
12:00pm-1:00pm
UNM Olympic Pool

PILATES

Alisha R
12:00pm-1:00pm
JC Mat Room

SUNSET YOGA

Dakarai M
5:30pm-6:30pm
JC Fitness Room

FRIDAY

CIRCUIT TRAINING

Dante B
12:00pm-1:00pm
JC Functional Training Room

LOBO CYCLING

Tricia H
12:00pm-1:00pm
JC Spin Room



SPRING 2023

FITNESS SCHEDULE

The "WOW" Pass is valid for all classes on the SPRING 2023 "WOW" Schedule. **NO CLASSES: MARCH 13-17, 2023.** 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.

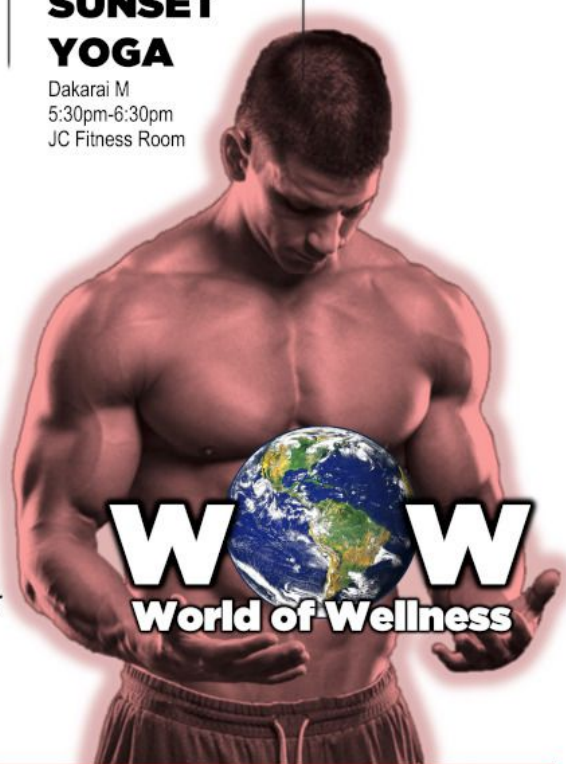
Please visit our website for the current updates on the WOW Schedule.



\$75.⁰⁰ UNM Students

\$150.⁰⁰ UNM Faculty/Staff

\$180.⁰⁰ Community



WOW

World of Wellness

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