RECREATIONAL SERVICES

FALL 2021

The WOW Fitness Schedule

SEPTEMBER 7 – DECEMBER 10, 2021

MONDAY

LOBO CYCLING
6:50am-7:50am
JC Cycling Room

YOGA
6:50am-7:50am
JC Mat Room

PILATES
6:45am-7:45am
JC Fitness Room

LOBO CYCLING
11:00am-12:00pm
JC Cycling Room

YOGA
12:00pm-1:00pm
JC Fitness Room

AQUA JOGGING
12:00pm-1:00pm
UNM Olympic Pool

CIRCUIT TRAINING
12:00pm-1:00pm
JC Functional Training Room

PIYO
12:00pm-12:55pm
JC Fitness Room

ZUMBA
12:00pm-1:00pm
JC Dance Room

LOBO CYCLING
5:30pm-6:30pm
JC Cycling Room

YOGA
5:30pm-6:30pm
JC Functional Training Room

TRX
5:30pm-6:30pm
JC Functional Training Room

ENDURE
6:00pm-7:00pm
JC Indoor Track

PILATES
6:45pm-7:45pm
JC Fitness Room

TUESDAY

LOBO CYCLING
6:50am-7:50am
JC Cycling Room

YOGA
6:50am-7:50am
JC Mat Room

PILATES
6:45am-7:45am
JC Fitness Room

HIIT
7:00am-7:50am
JC Functional Training Room

YOGA
12:00pm-1:00pm
JC Fitness Room

CORE
12:00pm-1:00pm
JC Functional Training Room

PILATES
12:00pm-1:00pm
JC Dance Room

MOBILITY
1:00pm-2:00pm
JC Fitness Room

LOBO CYCLING
5:30pm-6:30pm
JC Cycling Room

YOGA
5:30pm-6:30pm
JC Functional Training Room

KETTLEBELL
6:30pm-7:30pm
JC Functional Training Room

CORE
7:00pm-8:00pm
JC Mat Room

THURSDAY

LOBO CYCLING
6:50am-7:50am
JC Cycling Room

YOGA
6:50am-7:50am
JC Mat Room

PILATES
6:45am-7:45am
JC Fitness Room

HIIT
7:00am-7:50am
JC Functional Training Room

YOGA
12:00pm-1:00pm
JC Fitness Room

CORE
12:00pm-1:00pm
JC Functional Training Room

AQUA JOGGING
12:00pm-1:00pm
UNM Olympic Pool

CIRCUIT TRAINING
12:00pm-1:00pm
JC Functional Training Room

PIYO
12:00pm-12:55pm
JC Fitness Room

ZUMBA
12:00pm-1:00pm
JC Dance Room

LOBO CYCLING
5:30pm-6:30pm
JC Cycling Room

YOGA
5:30pm-6:30pm
JC Functional Training Room

HIIT
5:30pm-6:30pm
JC Functional Training Room

KETTLEBELL
6:30pm-7:30pm
JC Functional Training Room

ENDURE
6:00pm-7:00pm
JC Indoor Track

PILATES
6:45pm-7:45pm
JC Fitness Room

FRIDAY

LOBO CYCLING
6:50am-7:50am
JC Cycling Room

YOGA
6:50am-7:50am
JC Mat Room

PILATES
6:45am-7:45am
JC Fitness Room

LOBO CYCLING
11:00am-12:00pm
JC Cycling Room

YOGA
12:00pm-1:00pm
JC Fitness Room

CORE
12:00pm-1:00pm
JC Functional Training Room

AQUA JOGGING
12:00pm-1:00pm
UNM Olympic Pool

CIRCUIT TRAINING
12:00pm-1:00pm
JC Functional Training Room

PIYO
12:00pm-12:55pm
JC Fitness Room

ZUMBA
12:00pm-1:00pm
JC Dance Room

LOBO CYCLING
5:30pm-6:30pm
JC Cycling Room

YOGA
5:30pm-6:30pm
JC Functional Training Room

HIIT
5:30pm-6:30pm
JC Functional Training Room

KETTLEBELL
6:30pm-7:30pm
JC Functional Training Room

CORE
7:00pm-8:00pm
JC Mat Room


Fall 2021 Fitness Classes:

- LOBO CYCLING
- YOGA
- PILATES
- AQUA JOGGING
- KETTLEBELL
- ENDURE
- CIRCUIT TRAINING

The "WOW" Pass is valid for all classes on the FALL 2021 "WOW" Schedule. NO CLASSES: OCTOBER 14-15, 2021 - UNM Fall 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.

$75.93 UNM Students
$150.93 UNM Faculty/Staff
$180.93 Community

THE UNIVERSITY OF NEW MEXICO
Recreational Services
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recservices.unm.edu

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