### JANUARY 22-MAY 3, 2024

#### MONDAY
- **YOGA**
  - Felisha M
  - 6:50am-7:50am
  - JC Fitness Room

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

- **SOUL FUSION**
  - Tiffany R
  - 12:00pm-1:00pm
  - UNM Dance Room

- **STEP AEROBICS**
  - Markus B
  - 6:00pm-6:50pm
  - UNM Olympic Pool

- **AQUA JOGGING**
  - Marty M
  - 6:30pm-7:30pm
  - UNM Olympic Pool

#### TUESDAY
- **H.I.I.T**
  - Markus B
  - 6:50am-7:50am
  - JC Dance Room

- **PILATES**
  - Alisha R
  - 12:00pm-1:00pm
  - JC Fitness Room

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

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Dance Room

- **DEEP WATER AEROBICS**
  - Marty M
  - 12:00pm-1:00pm
  - UNM Olympic Pool

#### WEDNESDAY
- **YOGA**
  - Felisha M
  - 6:50am-7:50am
  - JC Fitness Room

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

- **SOUL FUSION**
  - Tiffany R
  - 12:00pm-1:00pm
  - UNM Dance Room

- **AQUA JOGGING**
  - Marty M
  - 12:00pm-1:00pm
  - UNM Olympic Pool

- **STEP AEROBICS**
  - Markus B
  - 6:00pm-6:50pm
  - UNM Dance Room

#### THURSDAY
- **H.I.I.T**
  - Markus B
  - 6:50am-7:50am
  - JC Fitness Room

- **PILATES**
  - Alisha R
  - 11:00am-12:00pm
  - JC East Auxiliary Gym

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

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Dance Room

- **DEEP WATER AEROBICS**
  - Marty M
  - 12:00pm-1:00pm
  - UNM Olympic Pool

#### FRIDAY
- **CIRCUIT TRAINING**
  - Dante B
  - 12:00pm-1:00pm
  - JC Functional Training Room

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**SPRING 2024 FITNESS SCHEDULE**

The “WOW” Pass is valid for all classes on the SPRING 2024 “WOW” Schedule. NO CLASSES: Spring Break MARCH 11-15, 2024. 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.

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**FREE to UNM Students!**

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**THE UNIVERSITY OF NEW MEXICO**

Recreational Services

1102 Johnson Center, UNM, 505.277.0178

recservices.unm.edu

Division of Student Affairs

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