



RECREATIONAL SERVICES

FALL 2024

UNM PackFit

AUGUST 26-DECEMBER 6

MONDAY

CIRCUIT TRAINING

Maidelys V
12:00pm-1:00pm
JC Functional Training Room

SOUL FUSION

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

SELF DEFENSE

Markus B
6:00pm-6:50pm
UNM Fitness Room

AQUA JOGGING

Marty M
6:30pm-7:30pm
UNM Olympic Pool

TUESDAY

PILATES

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

YOGA

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

DEEP WATER AEROBICS

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

CORE

Sharka O
1:00pm-2:00pm
Fitness Room

WEDNESDAY

CIRCUIT TRAINING

Maidelys V
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

SELF DEFENSE

Markus B
6:00pm-6:50pm
UNM Fitness Room

THURSDAY

PILATES

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

YOGA

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

CORE

Sharka O
1:00pm-2:00pm
Fitness Room

DEEP WATER AEROBICS

Marty M
6:30pm-7:30pm
UNM Olympic Pool

FRIDAY

CIRCUIT TRAINING

Maidelys V
12:00pm-1:00pm
JC Functional Training Room

GLUTE SCULPT

Maidelys V
4:00pm-5:00pm
JC Dance Room



UNM PackFit

FALL 2024 FITNESS SCHEDULE

The "PackFit" Pass is valid for all classes on the FALL 2024 "PackFit" Schedule. NO CLASSES: SEPTEMBER 2, OCTOBER 10-11, 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. UNM Tuition Remission benefits are now available for full time UNM Faculty and Staff.

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



FREE
to **UNM**
Students!



\$175.00 UNM Faculty/Staff
\$200.00 Community

THE UNIVERSITY OF NEW MEXICO
Recreational Services
1102 Johnson Center, UNM, 505.277.0178
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Division of Student Affairs
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