MONDAY
LOBO CYCLING
Brooke Earl
6:50am-7:50am
JC Cycling Room

CORE
Brooke Earl
8:00am-9:00am
JC Fitness Room

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

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

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

PIYO
Tiffany Rawles
12:00pm-1:00pm
JC Dance Room

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

TUESDAY
YOGA
Felisha Mikkelson
6:50am-7:50am
JC Fitness Room

MOBILITY
Heidi Diobrow
8:00am-9:00am
JC Functional Training Room

PIYO
Sharka Opincariu
11:00am-12:00pm
JC Dance Room

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

RESISTANCE
Jared Fuller
12:00pm-1:00pm
JC Functional Training Room

YOGA
Sampson Owusu
5:30pm-6:30pm
JC Fitness Room

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

WEDNESDAY
LOBO CYCLING
Brooke Earl
6:50am-7:50am
JC Cycling Room

CORE
Brooke Earl
8:00am-9:00am
JC Fitness Room

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

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

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

PIYO
Tiffany Rawles
12:00pm-1:00pm
JC Dance Room

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

THURSDAY
YOGA
Felisha Mikkelson
6:50am-7:50am
JC Fitness Room

FUNCTIONAL STRENGTH
Heidi Diobrow
8:00am-9:00am
JC Functional Training Room

PIYO
Sharka Opincariu
11:00am-12:00pm
JC Dance Room

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

RESISTANCE
Jared Fuller
12:00pm-1:00pm
JC Functional Training Room

YOGA
Sampson Owusu
5:30pm-6:30pm
JC Cycling Room

FRIDAY
LOBO CYCLING
Brooke Earl
6:50am-7:50am
JC Cycling Room

CORE
Brooke Earl
8:00am-9:00am
JC Fitness Room

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

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

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

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

The "WOW" Pass is valid for all classes on the SPRING 2022 “WOW” Schedule.
NO CLASSES: MARCH 14-18, 2022 - UNM Spring 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.

$75.99 UNM Students
$150.99 UNM Faculty/Staff
$180.99 Community

Spring 2022 Fitness Classes:
LOBO CYCLING
AQUA JOGGING
CORE
DEEP WATER AEROBICS
PILOTS
MOBILITY
RESISTANCE
YOGA
CIRCUIT TRAINING
FUNCTIONAL STRENGTH

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