



RECREATIONAL  
SERVICES

The



SPRING 2024

Fitness Schedule

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

YOGA

Sarka O  
5:30pm-6:30pm  
JC Fitness Room

STEP  
AEROBICS

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

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

YOGA

Sarka O  
5:30pm-6:30pm  
JC Fitness Room

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

YOGA

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

CIRCUIT  
TRAINING

Max N  
12:00pm-1:00pm  
JC Functional  
Training 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



SPRING 2024  
FITNESS SCHEDULE



The "WOW" Pass is valid for all classes on the SRPING 2024 "WOW" Schedule. NO CLASSES: Sprng 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.



THE UNIVERSITY OF NEW MEXICO  
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

[recservices.unm.edu](http://recservices.unm.edu)

Division of Student Affairs  
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