**RECREATIONAL SERVICES**

**FALL 2021**

**The WOW Fitness Schedule**

**SEPTEMBER 7 - DECEMBER 10, 2021**

### MONDAY
- **LOBO CYCLING**
  - Brooke Burnacod
  - 6:50am-7:50am
  - JC Cycling Room
- **YOGA**
  - Sampson Owusu
  - 6:50am-7:50am
  - JC Fitness Room
- **AQUA JOGGING**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **CIRCUIT TRAINING**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **YOGA**
  - Shanka Opincariu
  - 12:00pm-1:00pm
  - JC Mat Room
- **DEEP WATER AEROBICS**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **LOBO CYCLING**
  - Sampson Owusu
  - 5:30pm-6:30pm
  - JC Cycling Room

### TUESDAY
- **LOBO CYCLING**
  - Sampson Owusu
  - 6:50am-7:50am
  - JC Cycling Room
- **YOGA**
  - Felisha Mikkelson
  - 6:50am-7:50am
  - JC Fitness Room
- **CORE**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **PILATES**
  - Alisha Ray
  - 12:00pm-1:00pm
  - JC Dance Room
- **YOGA**
  - Shanka Opincariu
  - 12:00pm-1:00pm
  - JC Mat Room
- **AQUA JOGGING**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **CIRCUIT TRAINING**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **YOGA**
  - Shanka Opincariu
  - 12:00pm-1:00pm
  - JC Mat Room
- **DEEP WATER AEROBICS**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **LOBO CYCLING**
  - Sampson Owusu
  - 5:30pm-6:30pm
  - JC Cycling Room

### WEDNESDAY
- **LOBO CYCLING**
  - Brooke Burnacod
  - 6:50am-7:50am
  - JC Cycling Room
- **YOGA**
  - Sampson Owusu
  - 6:50am-7:50am
  - JC Fitness Room
- **PIYO**
  - Shanka Opincariu
  - 12:00pm-1:00pm
  - JC Mat Room
- **AQUA JOGGING**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **CIRCUIT TRAINING**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **YOGA**
  - Nell Decker
  - 12:00pm-1:00pm
  - JC Mat Room
- **DEEP WATER AEROBICS**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **LOBO CYCLING**
  - Sampson Owusu
  - 5:30pm-6:30pm
  - JC Cycling Room

### THURSDAY
- **YOGA**
  - Sampson Owusu
  - 6:50am-7:50am
  - JC Fitness Room
- **CORE**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **YOGA**
  - Shanka Opincariu
  - 12:00pm-1:00pm
  - JC Mat Room
- **AQUA JOGGING**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **CIRCUIT TRAINING**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **YOGA**
  - Nell Decker
  - 12:00pm-1:00pm
  - JC Mat Room
- **DEEP WATER AEROBICS**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **LOBO CYCLING**
  - Sampson Owusu
  - 5:30pm-6:30pm
  - JC Cycling Room
- **PIYO**
  - Shanka Opincariu
  - 5:30pm-6:30pm
  - JC Fitness Room

### FRIDAY
- **LOBO CYCLING**
  - Brooke Burnacod
  - 6:50am-7:50am
  - JC Cycling Room
- **YOGA**
  - Sampson Owusu
  - 6:50am-7:50am
  - JC Fitness Room
- **AQUA JOGGING**
  - Marty Martinez
  - 12:00pm-1:00pm
  - UNM Olympic Pool
- **CIRCUIT TRAINING**
  - Antonio Gonzales
  - 12:00pm-1:00pm
  - JC Functional Training Room
- **LOBO CYCLING**
  - Sampson Owusu
  - 5:30pm-6:30pm
  - JC Cycling Room

---

**Fall 2021 Fitness Classes:**
- **LOBO CYCLING**
- **YOGA**
- **CIRCUIT TRAINING**
- **PILOTES**
- **PIYO**
- **AQUA JOGGING**
- **CORE**
- **DEEP WATER AEROBICS**

**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