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
Antonio Gonzales
12:00pm-1:00pm
JC Functional Training Room

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

MOBILITY
Heidi Distrow
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

YOGA
Adriana Lucero
12:00pm-1:00pm
JC Fitness 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
Antonio Gonzales
12:00pm-1:00pm
JC Functional Training Room

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

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

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

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

FUNCTIONAL STRENGTH
Heidi Distrow
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

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

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

TRX
Adriana Lucero
5:30pm-6:30pm
JC Functional Training 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
Antonio Gonzales
12:00pm-1:00pm
JC Functional Training 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 to confirm 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.

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

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

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