

The **WOW** Fitness Schedule

JANUARY 21 - MAY 15, 2020

MONDAY

Yoga

Infusion
7:30am-8:30am
JC 1102 -Satya

PiYo

12:00pm-1:00pm
North Campus
HSC DCNE 2401
-Tiffany

Gentle & Yin Yoga

12:00pm-1:00pm
JC 1102 -Farah

Circuit Training

12:00pm-1:00pm
JC B06 -Clem

Aqua Jogging

12:00pm-1:15pm
UNM Olympic Pool
Deep End -Marty

Personal Defense

5:00pm-6:00pm
JC 120 -Josh

Vinyasa Flow Yoga

5:30pm-6:30pm
JC 1102 -Camila

Circuit Training

5:30pm-6:30pm
JC B06 -Zeke

PLEASE USE WEST ENTRANCE TO UNM JOHNSON CENTER!

WEDNESDAY

Yoga

Infusion
7:30am-8:30am
JC 1102 -Satya

Hatha Vinyasa Yoga

11:00am-12:00pm
JC 1102 -Karen

Circuit Training

12:00pm-1:00pm
JC B06 -Clem

Yoga

12:00pm-1:00pm
North Campus
EMS 1620 East -Amy

Pilates

12:00pm-1:00pm
JC 1102 -Alisha

Deep Water Aerobics

12:00pm-1:15pm
UNM Olympic Pool
Deep End -Marty

Personal Defense

5:00pm-6:00pm
JC 120 -Josh

Circuit Training

5:30pm-6:30pm
JC B06 -Zeke

Vinyasa Flow Yoga

5:30pm-6:30pm

THURSDAY

Vinyasa & Strengthening Yoga

12:00pm-1:00pm
JC 1102 -Farah

Circuit Training

12:00pm-1:00pm
JC B06 -Clem

Aqua Jogging

12:00pm-1:15pm
UNM Olympic Pool
Deep End -Marty

Yoga

12:00pm-1:00pm
North Campus
DC 3720 -Amy

PiYo

12:00pm-1:00pm
JC 150 -Tiffany

Circuit Training

5:30pm-6:30pm
JC B06 -Zeke

Vinyasa Flow Yoga

5:30pm-6:30pm
JC 1102 -Camila

UNM JOHNSON CENTER WILL BE OPEN DURING THE RENOVATION AND EXPANSION PROJECT!

MORE FITNESS CLASSES WILL BE ADDED WHEN THE JOHNSON CENTER RENOVATION PROJECT IS COMPLETE!

FRIDAY

Pilates

12:00pm-1:00pm
JC 1102 - Alisha

Circuit Training

12:00pm-1:00pm
JC B06 - Clem

The "WOW" Pass is valid for all classes on the SPRING 2019 "WOW" Schedule. NO CLASSES: MARCH 14-22, 2020 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.

TUESDAY

Hatha Vinyasa Yoga

7:30am-8:30am
JC 1102 -Karen

Yoga

12:00pm-1:00pm
North Campus DC 3720
-Amy

Circuit Training

12:00pm-1:00pm
JC B06 -Clem

PiYo

12:00pm-1:00pm
JC 150 -Tiffany

Aqua Jogging

12:00pm-1:15pm
UNM Olympic Pool
Deep End -Marty

Vinyasa Flow Yoga

5:30pm-6:30pm
JC 1102 -Camila

Circuit Training

5:30pm-6:30pm
JC B06 -Zeke

\$75.00

UNM Students

\$100.00

UNM Faculty/Staff

\$125.00

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