**RECREATIONAL SERVICES**

**SUMMER 2023**

**The WOW Fitness Schedule**

**JUNE 5-JULY 28, 2023**

**MONDAY**
- **CIRCUIT TRAINING**
  - Dante B
  - 12:00pm-1:00pm
  - JC Functional Training Room

**TUESDAY**
- **CIRCUIT TRAINING**
  - Max N
  - 12:00pm-1:00pm
  - JC Functional Training Room

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Fitness Room

- **SOUL FUSION**
  - Tiffany R
  - 12:00pm-1:00pm
  - UNM Dance Room

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Fitness Room

- **PIATES**
  - Alisha R
  - 12:00pm-1:00pm
  - JC Mat Room

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

- **YOGA**
  - Leah F
  - 5:30pm-6:30pm
  - JC Fitness Room

**WEDNESDAY**
- **CIRCUIT TRAINING**
  - Dante B
  - 12:00pm-1:00pm
  - JC Functional Training Room

- **SOUL FUSION**
  - Tiffany R
  - 12:00pm-1:00pm
  - UNM Dance Room

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Fitness Room

- **PIATES**
  - Alisha R
  - 12:00pm-1:00pm
  - JC Mat Room

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

**THURSDAY**
- **CIRCUIT TRAINING**
  - Max N
  - 12:00pm-1:00pm
  - JC Functional Training Room

- **YOGA**
  - Felisha M
  - 12:00pm-1:00pm
  - JC Fitness Room

- **LOBO CYCLING**
  - Tricia H
  - 12:00pm-1:00pm
  - JC Spin Room

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

- **YOGA**
  - Leah F
  - 5:30pm-6:30pm
  - JC Fitness Room

**FRIDAY**
- **CIRCUIT TRAINING**
  - Dante B
  - 12:00pm-1:00pm
  - JC Functional Training Room

- **LOBO CYCLING**
  - Tricia H
  - 12:00pm-1:00pm
  - JC Spin Room

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

- **YOGA**
  - Leah F
  - 5:30pm-6:30pm
  - JC Fitness Room

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**SUMMER 2023 FITNESS SCHEDULE**

The “WOW” Pass is valid for all classes on the SUMMER 2023 “WOW” Schedule.

NO CLASSES: Tuesday, JULY 4, 2023. 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.

Please visit our website for the current updates on the WOW Schedule.

$75.00 UNM Students,
UNM Faculty/Staff, 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