MONDAY
- LOBO CYCLING
  Lexis Blount
  Sampson Owusu
  6:50am-7:50am
  JC Cycling Room

- YOGA
  Sampson Owusu
  6:50am-7:50am
  JC Mat Room

- AQUA JOGGING
  Marty Martinez
  12:00pm-1:00pm
  UNM Olympic Pool

TUESDAY
- LOBO CYCLING
  Sampson Owusu
  6:50am-7:50am
  JC Cycling Room

- YOGA
  Sampson Owusu
  6:50am-7:50am
  JC Fitness Room

- HIIT
  Tanner Thompson
  7:00am-7:50am
  JC Functional Training Room

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

- PILATES
  Alisha Ray
  12:00pm-1:00pm
  JC Dance Room

- LOBO CYCLING
  Sampson Owusu
  5:30pm-6:30pm
  JC Cycling Room

- HIITRX
  Antonio Gonzales
  5:30pm-6:30pm
  JC Functional Training Room

WEDNESDAY
- PILATES
  Lexis Blount
  6:45am-7:45am
  JC Cycling Room

- LOBO CYCLING
  Brooke Burnacod
  6:50am-7:50am
  JC Cycling Room

- YOGA
  Sampson Owusu
  6:50am-7:50am
  JC Fitness Room

- HIIT
  Tanner Thompson
  7:00am-7:50am
  JC Functional Training Room

- CORE
  Antonio Gonzales
  12:00pm-1:00pm
  UNM Olympic Pool

- AQUA JOGGING
  Marty Martinez
  12:00pm-1:00pm
  UNM Olympic Pool

THURSDAY
- LOBO CYCLING
  Lexis Blount
  6:50am-7:50am
  JC Cycling Room

- YOGA
  Sampson Owusu
  6:50am-7:50am
  JC Fitness Room

- PILATES
  Alisha Ray
  12:00pm-1:00pm
  JC Dance Room

- LOBO CYCLING
  Sampson Owusu
  5:30pm-6:30pm
  JC Cycling Room

- HIITRX
  Antonio Gonzales
  5:30pm-6:30pm
  JC Functional Training Room

FRIDAY
- LOBO CYCLING
  Brooke Burnacod
  6:50am-7:50am
  JC Cycling Room

- YOGA
  Sampson Owusu
  6:50am-7:50am
  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

- LOBO CYCLING
  Sampson Owusu
  5:30pm-6:30pm
  JC Cycling Room

- HIITRX
  Antonio Gonzales
  5:30pm-6:30pm
  JC Functional Training Room

The “WOW” Pass is valid for all classes on the FALL 2021 “WOW” Schedule.

NO CLASSES: OCTOBER 14-15, 2021 - UNM Fall 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.

Fall 2021 Fitness Classes:
- LOBO CYCLING
- HIIT
- YOGA
- CIRCUIT TRAINING
- PILATES
- HIITRX
- AQUA JOGGING
- CORE