




University of New Mexico Recreational Services "The Works" SPRING 2010 SCHEDULE January 25 - May 7, 2010

RecServices *SPRING*
UNM Recreational Services,
1102 Johnson Center, UNM, (505) 277-0178.
recservices.unm.edu *2010*
-In the Division of Student Affairs-

	Monday	Tuesday	Wednesday	Thursday
7:00am	Integral Yoga Dance Room	Power Vinyasa Yoga Dance Room	Integral Yoga Dance Room	Power Vinyasa Yoga Dance Room
7:55am				
8:00am	A.M. Power Yoga Dance Room		A.M. Power Yoga Dance Room	Integral Yoga Dance Room
8:54am				
8:55am				
11:00am				
11:30am				
12:00pm				
12:30pm	Lobo Cycling S.U.B. Cycling Room	Lobo Cycling S.U.B. Cycling Room	Lobo Cycling S.U.B. Cycling Room	Lobo Cycling S.U.B. Cycling Room
12:35pm	Mind & Body Tai Chi JC 1102 Lounge		Mind & Body Tai Chi JC 1102 Lounge	
12:54pm	YOGA Wrestling Room	Precision Pilates Fitness Room	YOGA Wrestling Room	Precision Pilates Fitness Room
1:00pm				
1:30pm				
1:45pm				
5:00pm				
5:30pm				
6:00pm	Lobo Cycling & Core Strength S.U.B. Cycling Room	Outdoor Bootcamp S.U.B. Cycling Room	Outdoor Bootcamp S.U.B. Cycling Room	Outdoor Bootcamp S.U.B. Cycling Room
6:20pm	ZUMBA Fitness Room	Deep Water Aerobics Olympic Pool Deep End	ZUMBA Fitness Room	Deep Water Aerobics Olympic Pool Deep End
6:30pm	SALSA Partner Dancing Level I Dance Room	Lobo Cycling & Core Strength S.U.B. Cycling Room	SALSA Partner Dancing Level I Dance Room	Lobo Cycling & Core Strength S.U.B. Cycling Room
6:45pm		Capoeira Dance Room		
6:55pm		Mixed Level Yoga Fitness Room		
7:00pm	TURBO Kickboxing Fitness Room	Mindful Yoga for Stress Reduction S.U.B. Cycling Room	TURBO Kickboxing Fitness Room	Mindful Yoga for Stress Reduction S.U.B. Cycling Room
7:20pm	SALSA Partner Dancing Level II Dance Room		SALSA Partner Dancing Level II Dance Room	
7:30pm				
7:55pm				
8:00pm	"On Step" HIP HOP Fitness Room	Dance Fusion Fitness Room	"On Step" HIP HOP Fitness Room	
8:20pm	SALSA Partner Dancing Level III Dance Room	Meditation JC 1102 Lounge	SALSA Partner Dancing Level III Dance Room	
8:30pm		SALSA Aerobics Dance Room		
8:45pm				
9:00pm				

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2010 "Works" Fitness Program

Pass Prices:
\$55.00 UNM Students
\$60.00 UNM Faculty & Staff
\$80.00 Community Members

*Prorated prices begin after March 12th *

Day passes are valid for only one class at a time on the Spring 2011 "Works" Fitness Program for a price of \$5.00.

No discounts offered!
*All class times, names, dates, instructors, and locations are subject to change or cancellation at any time. Please check with Recreational Services to register and/or for changes prior to the beginning of class. These classes are not available for academic credit.

NOTE: Starting April 12, 2010, classes with low participation will be CANCELLED.

NEW Buddy Pass:
ANY student or faculty/staff that is going to buy a Spring 2010 "Works" pass may bring in a "buddy" to sign up for a ONE time discount of \$5 each. You must come in together to get this discount! Offer expires March 12th, 2010.



Precision Pilates
Raquetball Courts

Advanced Yoga
Dance Room



Flow Yoga
Dance Room



The "Works" Fitness Class Descriptions

***NEW*A.M. Power Yoga-** Get your day started with this fast-paced yoga class. An awesome combination of strength, balance and flexibility workout. This class is suitable for beginners or experienced yoga students.

Capoeira - is a unique of an exchange of kicks, escapes and acrobatics are executed to music. Capoeira has developed within Brazil but has strong influences from Africa, Native Brazilians and Asian culture. This rich martial art is now practiced all over the world and is constantly growing.

Dance Fusion- In this class, you will learn six standard dances which are Waltz, Tango, Foxtrot, Rumba, Cha Cha, and Swing to even country!!! This class will also include partnering, lead and follow, history, patterns or "moves", and amalgamations

Deep Water Aerobics-NO swimming experience necessary! This is a non-impact, intense cardiovascular workout in the deep end of the pool. Various activities using the resistance of the water and equipment will help increase both the cardiovascular and muscular systems. All flotation belts and other equipment provided.

Flow Yoga- This technique is sometimes also called Vinyasa Flow, or just Flow because of the smooth way that the poses run together and become like a dance. This style allows for a lot of variety, but will almost certainly include Sun Salutations. Expect movement, not just stretching.

***NEW*Integral Yoga-**Learn to bring your body, mind and breath together. Through a progression of postures, you will realize deepening awareness of yourself: renewed vitality and centered-ness.

Lobo Cycling - This non-impact class will give you a great cardiovascular workout and burn mounds of calories! The instructor will work you out by using interval work that challenges the cardiovascular and muscular systems. All levels welcome!

***NEW*Lobo Cycling & Core Strength-** A powerful combination of indoor cycling and ab workout. Start with 40 minutes of cycling, then the class will go right into some core conditioning. (Participants do not have to do core work at the end of class)

***Sign up as early as the day before for a bike because there is limited space available. Call 277-0178. You MUST reserve a bike to attend!**

***NEW * "ON STEP" Hip-Hop-**A multi-level hip-hop class that will get you moving and sweating to high-energy tunes. The class will incorporate weekly choreography, stretching, and toning exercises. Bring a friend and be ready to have fun while 'breaking it down!' Class will include a regular warm-up, followed by 10 minutes of stretching and toning, 40 minutes of choreography, and a smooth cool-down. This class is for fun and fitness!

Outdoor Bootcamp - Specially designed to challenge everyone (regardless of fitness level), it allows you to push the limits at your own pace by using back-to-basics core conditioning. Training includes strength, aerobic exercises, muscle toning, agility drills, increasing power and mobility. The environment is very positive!

Meditation- In this class you will learn & practice mediation. Benefits can include sharper thinking, lower blood pressure, better sleep, performance and much more!

***NEW *Mind & Body Tai Chi** -Do you want to strengthen your body? Do you want to be able to quiet your mind and develop mental strength? You will learn to: realign & strengthen your entire body, strengthen your immune system, find the balance between dynamic movement and profound stillness, discover greater self-awareness through your mind-body connection.

***NEW*Mindful Yoga for Stress Reduction-**Do you ever feel stressed and pulled in several directions? You will learn to realign & strengthen your entire body and find balance. Explore through mindful yoga where you store tension and learn how to release pain and change patterns. Move through your day with more ease and well-being.

Precision Pilates-This class will develop optimal core control! Pilates improves strength, flexibility, agility and motion. Using mats, bands, and balls teaches body awareness and good posture while giving you a challenging workout.

***NEW *Power Vinyasa Yoga-** A class which combines a series of yoga techniques to improve athletic performance and help prevent injuries. This intense workout utilizes Power, Ashtanga, and Vinyasa Yoga principles making every class suitable for all experience levels from beginner to advanced. This class will focus on building strength and increasing flexibility.

Salsa Aerobics - This is a great way to get your heart pumping and your body grooving while you learn great Salsa moves presented with a wealth of technique. Let the rhythm of Latin music shake your hips & move your body.

Salsa Partner Dancing Level I -This class applies learned techniques, to dancing with a partner. Don't worry about bringing a buddy there will be plenty people to dance with, including the instructors. Learn the art of Latin dancing!

Salsa Partner Dancing Level II -This class will progress from Salsa Partner Dancing Level I, learning the advanced techniques, to dancing with a partner.

Salsa Partner Dancing Level III- This is the final and most advanced progression of Salsa where you will not only learn more advanced steps, you will also learn Merengue, Cha-Cha and more! ****It is recommended that you have taken Salsa I or II/ and or have talked to the instructor before taking this class.***

Taijutsu- 1,000 year old Japanese martial art. The Nine Ryu as taught by Hatsumi-Soke focus on awareness, perception, and distancing; three skills that are absolutely vital for both effective self-defense and life in general. Proper training in Taijutsu (whole movement) and Chosi Dori (channeling one's intention) can lead one down the path towards greater awareness of oneself, one's surroundings and an expanded perception of the opportunities that life offers.

Turbo Kickboxing - This class involves movement patterns, combinations and techniques specific to the ancient sport of Muay Thai Boxing. It is the ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.

Yoga- Beginner's welcome. This class builds flexibility and strength while enhancing self-awareness through use of breathing exercises and posture. Reduce stress, & feel better!

Yoga Mixed Level- This class is designed for the experienced beginner and level one student looking to build their practice, as well as the intermediate student of yoga. Poses are typically held longer & more variations of postures are introduced.

Yoga Advanced- Integrates challenging poses with essential yoga moves to build power, precision, insight and ease. Demystifies advanced poses showing you how to sequence and build up to them.

Zumba- This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements.

