

WOW Fitness Classes at the Business Center

EHP WOW PASS SALES

Purchase a WOW Pass in the Business Center, 1st floor lobby from 11:30pm – 1:00 pm on

Monday August 14, 2017

If you miss this time, you can purchase your pass by calling EHP at 272-4460

Email: ehp@unm.edu



Day and Time	Monday	Tuesday	Wednesday	Thursday	Friday
T/W/Th 12:00-1:00 M/F 12:10-12:40	BBL At JC	Yoga At BC	Fitness Fusion At BC	Yoga At BC	WOD:ROM At JC

Classes Sessions start Monday August 21, 2017 thru Friday December 8, 2017

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**All classes will be held either on the BC 3<sup>rd</sup> floor in the open area north of the elevators, behind the room dividers or at the Johnson Center Dance Room (On Monday and Friday, 6 seats are available in the HR Van for those who cannot walk to JC. Van leaves the south side of the BC at 11:50am sharp and returns at 12:50pm)**

Cost: \$135.00 (you may use tuition remission)

## Expectations

### Class minimums

- 15 WOW pass purchases from building
- At least 6 people in classes at all times

### Space

- Help with room set up before and after class
- Patience with class space during lunch hour
  - Some cancellations may occur due to priority need

### WOW pass includes:

- Fitness OR Nutrition consultation
- Quick Fitness Assessment



**Brought to you by Recreational Services and Employee Health Promotion**

# WOW Fitness Classes at the Business Center

## Class Descriptions

### B.B.L

**\*Mondays 12:10 to 12:40 p.m.**

### (Booty By Lauren)

You'll be working your entire backside (aka posterior chain) in this fun and dynamic class! Lauren will lead you through a series of exercises that will strengthen your glutes, hamstrings, back and core. These exercises will allow your back, core and glutes to function more effectively as well as reduce your risk for injury down the road! Bring your own mat. Instructor: Lauren Lewis, NASM-CPT

\*This class is held at Johnson Center. The HR Van will leave at 11:50am sharp from the south side of the BC and return to the BC by 12:50pm. 6 seats are available.

### Yoga

**Tuesdays & Thursdays 12:00 – 1:00 p.m.**

Find your balance... whether you come to de-stress, relax, strengthen, or work on your balance - One thing is for sure, this class will improve the flexibility of both mind and body! Instructor: Michelle Ritter

### Fitness Fusion

**Wednesdays 12:00 - 1:00 p.m.**

Need a nudge over the work week hump? This high energy class is a great way to sculpt and tone your body. It integrates aerobic exercise (for heart fitness), resistance training (for strength and stability) and stretching and mobility work for a healthier you. Instructor: Angela Hernandez

### WOD:ROM

**\*Fridays 12:10 to 12:40 p.m.**

The body is meant to move through different ranges of motion. In this class, you'll be moving the body actively through high intensity interval training (HIIT) circuits as well as passively through yin yoga-style poses. This class will give you that jolt of high intensity and will end with a relaxing, meditative stretch that will leave you feeling refreshed. Bring your own mat. Instructor: Lauren Lewis, NASM-CPT

\*This class is held at Johnson Center. The HR Van will leave at 11:50am sharp from the south side of the BC and return to the BC by 12:50pm. 6 seats are available.

### *Note:*

*In order to sustain classes at the Business Center, participants are asked to please help with room set up before and after class. Moving the tables and chairs are part of the workout.*

*If class attendance drops below six participants for three weeks in a row, class will be canceled for the rest of the semester.*

