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

Tuesday January 10, 2017
If you miss this time, you can purchase your pass by calling EHP at 272-4460
Email: ehp@unm.edu

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-1:00</td>
<td>F.I.T.</td>
<td>Yoga</td>
<td>Fitness Fusion</td>
<td>Yoga</td>
<td>No class</td>
</tr>
</tbody>
</table>

Classes Sessions start Tuesday January 17, 2017 thru Friday May 5, 2017

All classes will meet/be held on the 3rd floor, in the open area North of the elevators behind the room dividers

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

WOW Pass now includes Excel classes & Free LoboFit duffle

Brought to you by Recreational Services and Employee Health Promotion
F. I. T. (Functional Interval Training)  Mondays 12:00 - 1:00 p.m.
Want to push the edge of your personal limits? Get F.I.T. with a combination of high intensity interval training and functional bodyweight movements in short burst that will get your heart rate up and muscles burning. Be motivated by a Sports Performance Coach who is sure to improve your strength, endurance and overall fitness level. Instructor: Lauren Lewis, NASM-CPT

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 blends body sculpting techniques with Latin-style dance moves to create a calorie burning & strength-training class, all in one. Instructor: Angela Hernandez

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

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.