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

Thursday January 7, 2016

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

<table>
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<th>Day and Time</th>
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<td>12:00-1:00</td>
<td>Total Body Conditioning</td>
<td>Yoga</td>
<td>Stairwell Circuit</td>
<td>Yoga</td>
<td>Couch Potato to 5 K Training</td>
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Classes Sessions start Monday, January 18, 2016 thru Friday May 6, 2016

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

Cost: $100.00 (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
  o 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
**Total Body Conditioning**
**Mondays 12:00 - 1:00 p.m.**
Want the challenge of getting in a total body workout in an hour? Feel up to the task to growing stronger and fit? Then this class is for you!
Instructor: Natasha Arnold

**Stairwell Circuit**
**Wednesdays 12:00 - 1:00 p.m.**
Feel the need to get out of the office? Want to challenge your fitness levels? This class will move you towards a healthier you, one “step” at a time. Instructor: Vanessa Apodaca Roybal

**Yoga**
**Tuesdays & Thursdays 12:00 – 1:00 p.m.**
Get your Zen on... whether you come to de-stress, relax, strengthen, or work on your balance - One thing is for sure, this class will improve the flexibility in both mind and body! Instructor: Michelle Ritter

**Couch Potato to 5K**
**Fridays 12:00 – 1:00 p.m.**
Ever wanted to run a road race? Novice to seasoned runner will enjoy training toward running a 5K! Marvel at what your body is capable of and build confidence as you go! Instructor: Natasha Arnold

**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.*

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