WORKOUT	FACILITIES	
RECREATIONAL SERVICES	UFC Gym	
1 UNM, MSC04 2600 Johnson Center, ABQ, NM 87131	6300 San Mateo Blvd NE Suite Q, Albuquerque, NM 87109	
<ul> <li>1 UNM, MSC04 2600 Johnson Center, ABQ, NM 8/131</li> <li>Contact: 505.277.0178</li> <li>Website: http://recsvcs.unm.edu</li> <li>Hours: Vary for each room</li> <li>Membership Fee: \$0 for students</li> <li>Student Access Includes: <ul> <li>Access to gym, pool &amp; equipment room</li> </ul> </li> <li>Instructor Led Group Class &amp; Fee: <ul> <li>Personal Training for a fee: http://recservices.unm.edu/recreation/fitness/personal-training.html</li> </ul> </li> </ul>	<ul> <li>Multiple Locations: https://ufcgym.com/locations</li> <li>Contact: (505) 994-4269</li> <li>Website: http://www.ufcgym.com/</li> <li>Hours: Monday-Thursday: 5am-8pm Friday: 5am-7pm Saturday/ Sunday: 8am-12pm</li> <li>Membership Fee: Student Discount-\$5 off per month</li> <li>\$79 month to month (one gym only)</li> <li>1-year membership paid in full please call for</li> </ul>	
SNAP FITNESS 4 Albuquerque locations-see website for address Contact: 505.839.1535 (Tramway Location)	DEFINED FITNESS 3 ABQ & 1 Rio Rancho Location-see website for address Contact: 505.888.7097 (San Mateo contact only)	
	Website: www.defined.com	
<ul> <li>Website: https://www.snapfitness.com/</li> <li>Hours: Monday-Sunday 24/7</li> <li>Membership Fee: \$20.00 month to month</li> <li>Enrollment Fee: \$49 (includes access key card)</li> <li>Discount for UNM Students/Staff at all locations</li> <li>\$33.38 + tax</li> </ul>	Hours: Monday-Friday: 4:30am-10pm Saturday/Sunday-5:30am-7pm Membership Fee: \$43 Enrollment Fee: depends on which contract	
<ul> <li>Membership Includes:</li> <li>24/7 365 days a year access to all locations</li> <li>No contracts</li> <li>Pre-pay discounts or pay month-to-month</li> <li>Online resources (workout and meal plans)</li> <li>A free personalized fitness assessment when you join (body fat scanner, lean body mass, weight distribution)</li> </ul>	<ul> <li>Membership Includes: depends on contract</li> <li>Access to all locations</li> <li>Group classes (included in membership)</li> <li>Aquatics complex</li> <li>Free supervised child care</li> <li>No contracts</li> </ul>	

1

Chuze Fitness		
2 Locations		
Contact: (505) 596-2950		
Website: https://chuzefitness.com/		
Hours:		
Monday-Thursday: 4:30am-12am		
Friday: 4:30-10pm		
Saturday/Sunday: 6am-8pm		
Membership Fee:		
Basic: \$9.99/month with commitment		
\$14.99 / month No Commitment		
Premium: \$22.99/month		
More: \$39.99		
All plans have a \$49.99 Annual Fee		
Enrollment Fee: depends on plan and current specials		
Membership Includes:		
ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.		

## **PLANET FITNESS**

8 ABQ & 1 Rio Rancho locations, check website for address

Contact: 505.872.0232 (Menaul location)

Website: <a href="http://www.planetfitness.com/">http://www.planetfitness.com/</a>

### Hours:

- Monday-Thursday: Open 24 hours
- Friday: 12am-9pm
- Saturday-Sunday: 7am-7pm
  - Membership Fee: all memberships include a \$39 annual member fee +tax (due August 1<sup>st</sup>)
- 12 Month Membership
  - \$39 start-up fee
  - o \$10.00 monthly fee
- Month to Month Membership
  - o \$59 start-up fee
  - o \$15 monthly fee
  - Black Card Membership
    - \$0 start up fee
      - \$22.99 monthly fee

# Membership Includes:

- Unlimited access to home club
- Black Planet Fitness card t-shirt
- Unlimited Fitness Training

### Black Membership Includes:

- Guest Privileges at any Planet Fitness Location
- Hydro-Massage Bed Usage
- 'Total Body Enhancement'
- Massage Chairs
- Black Planet Fitness Card T-shirt
- <sup>1</sup>/<sub>2</sub> Price Cooler Drinks
- Free Haircuts
- Unlimited Fitness Training

# **POWERFLEX GYM**

4 locations

Midtown Club 1214 San Pedro NE ABQ, NM 87110 Contact: 505.508.0718

Website: <a href="http://www.powerflexgym.com/">http://www.powerflexgym.com/</a>

Hours: Members have access 24/7

Staff Hours\* for Midtown Club

Mon-Fri 12:00pm - 8:00pm, Saturday 10:00am -3:00pm, Sunday By Appointment Only

\*Members have access 24/7

**Membership Fee:** 10% off any membership package for students

- Month to Month membership-\$35
- 12 month membership-\$30
- 24 month membership-\$25
- 24/7 Access Card \$5

### Membership Includes:

- Free Weight & Cardio Equipment
- Locker Room & Shower Facilities
- Boot Camp Fitness Classes
- On site Nutritional Supplements
- Free Gym Orientation
- Professional Trainers
- Member Controlled Satellite Radio
- Member Rewards & Referral Programs

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.

#### **WORKOUT FACILITIES** YMCA OF CENTRAL NEW MEXICO LIBERTY GYM Horn Family: 4901 Indian School Rd NE ABQ NM 87110 2401 Jefferson NE, ABQ, NM 87110 Contact: 505.265.6971 Contact: 505.884.8012 McLeod Family: 12500 Comanche Rd NE ABQ NM 87111 Website: http://www.libertygym.com Contact: 505.292.2298 Hours: Monday-Friday: 4:30am-10pm Website: http://ymcacnm.org/ Saturday: 6am-6pm & Sunday: 8am-6pm Hours: Monday-Friday 5:30 AM - 9:30 PM Membership Fee: Call for UNM, CNM, & couple discounts Saturday: 8AM - 5PM & Sunday: 12PM - 6PM No initiation fee **Membership Fee:** • \$5 Daily drop in fee • \$39 Monthly Fee for students 18-25 year old • \$30 - 1 month membership\*(W/4 Month Commitment) \$100 - 4 month membership\* (paid up front) Enrollment Fee: \$50, no contract • \*Monthly memberships require automatic bank withdrawal Membership Includes: Membership Includes: Fitness Equipment & Free Weights Free Orientation with Personal Trainer Complimentary Single Family Childcare Cross Training Programs Body Fat Testing with Trained Professionals Aerobic Equipment, Free Weights & Machines Group Exercise & Classes Pro Shop with Line of Products Indoor and Outdoor Swimming Pools **Additional Options:** Gymnasium for basketball, volleyball and more Personal Training Available Body Fat Testing - \$15 Massage Therapy Day-Use Lockers **ANY TIME FITNESS**

5 locations-check website for address

Contact: 505.375.2020

4212 Coal Ave SE Albuquerque, NM 87108

Website: http://www.anytimefitness.com/

Hours: 24 Hour Gym Access

**Staffed Hours:** Monday- Friday 10am-6pm, Saturday: 10am-2pm (by appointment only) **Membership Fee**: \$34/month (18 mo. contract for students only) OR \$39/month (12 month contract)

Enrollment Fee: \$50 enrollment fee (\$29.99 enrollment fee for students)

# Membership Includes:

4

- 24 Hour Access
- Private Showers
- Personal Training

- Cardio & HD TVs
- State of the art cardio/strength equipment Wellness programs

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.

Resources collected by UNM Student Health and Counseling (SHAC) <u>shac.unm.edu</u> For more information contact our Health Education & Prevention Department at 505.277.1074 or <u>peerhelp@unm.edu</u>

Contact: 505.842.1080Contact: 505.232.9642Website: http://www.bhavayogastudio.com/Single Class Fee:• Hour-long classes-\$6-\$10• 90 minute classes-\$12 (student pricing only)• 90 minute classes-\$12 (student pricing only)• Family Class: \$13• 90 minute classes-\$12 (student pricing only)• 5 (75-90 Minute) class pack-\$79• 10 (60 Minute) class pack for \$135• 20 (75-90 Minute) class pack: \$285• Unlimited monthly-\$245SANI YOGAYOGA MIKE STUDIO24 Harvard SE ABQ, NM, 871062205 Silver Ave NE ABQ, NM 87106Contact: 505.750.8526YOGA MIKE STUDIOXebsite: http://saniyoga.com/2205 Silver Ave NE ABQ, NM 87106Phone: 505.715.9271 (Mike's cell number)Website: https://yoga-mike-studio-Vebsite: http://saniyoga.com/Cass Schedule:Monday: 12pm-1pm, 5:30-6:30pmCass Schedule:*Iursday: 7am-8am, 12pm-1pm, 8:5:30-6:30pm* Wednesday: 8:30-9:45am (BB), 10:30-11:15am(IY), 12-1pm(VF) & 7-8:30pm(AY)*Thursday: 11:30am-12:m(VF)* Thursday: 11:30am-12:30pm (YN)*Saturday: 8:30am-9:30am, 12pm-1pm, 1:30-2:30pm, & 2:45-3:30pm (Advanced)* Friday: 10-11am (VF) & 11:30am-12:30pm (YN)*Saturday: 11:30am-12:30pm (VN)* Saturday: 5:30pm-6:30pm(VB) & 7pm-8:45(MLIMN)	YOGA FACILITIES		
Contact: 505.842.1080Contact: 505.232.9642Website: <a href="http://www.bhavayogastudio.com/">http://www.bhavayogastudio.com/Class Schedule: Check website for schedule%ebsite: <a href="http://www.highdesertyoga.com">www.highdesertyoga.com</a>* Hour-long classes-\$6-\$10%ebsite: <a href="http://www.highdesertyoga.com">www.highdesertyoga.com</a>* Hour-long classes-\$12 (student pricing only)%ebsite: <a href="http://www.highdesertyoga.com">www.highdesertyoga.com</a>* 90 minute classes-\$12 (student pricing only)%efset* SANI YOGAYOGA MIKE StuDio34 Harvard SE ABQ, NM, 87106YOGA MIKE StuDioContact: 505.750.8526YOGA MIKE StuDioWebsite: <a href="http://saniyoga.com/">http://saniyoga.com/</a>Class Schedule:YOGA MIKE's cell number/Wonday: 12pm-1pm, 5:30-6:30pmYOGA MIKE's cell number/Wednesday: 12pm-1pm, 5:30-6:30pmWebsite: <a href="http://saniyoga.com/">http://saniyoga.com/</a>Class Schedule:Chardse sand Additions to June/July 2016 Class ScheduleWonday: 7am-8am, 12pm-1pm, 8:30-6:30pmChardse sand Additions to June/July 2016 Class Schedule* Monday: 7am-8am, 12pm-1pm, 8:30-6:30pm* Nonday: 5:30pm-6:45pm (VF)* Tuesday: 9:00am-10:15am(KN) &amp; 5:30-6:45pm (VF)* Tuesday: 9:00am-10:15am(NM) &amp; 5:30-6:45pm (VF)* Tursday: 11am-12pm &amp; 6-7pm* Saturday: 5:30pm-6:30pm(CV)* Silo for Advanced Class 6-8pm on Saturday\$ Silo - Vinyasa Flow (VF)* Silo for Advanced Class 6-8pm on Saturday\$ Silo - Vinyasa Flow (VF)* Silo - Vinyasa Flow (VE)Silo - Vinyasa Flow (VF)* Silo - Vinyasa Flow (VF)<td< th=""><th>BHAVA YOGA</th><th>HIGH D</th><th>ESERT YOGA</th></td<></a>	BHAVA YOGA	HIGH D	ESERT YOGA
Single Class Schedule:Class Schedule:Class Schedule:Chour-long classes-\$6-\$1090 minute classes-\$12 (student pricing only)90 minute classes-\$12 (student pricing only)91 (60 Minute) class pack for \$13592 (75-90 Minute) class pack for \$13593 (75-90 Minute) class pack for \$13594 (75-90 Minute) class pack for \$13595 (75-90 Minute) class pack for \$13596 (75-90 Minute) class pack for \$13597 (75-90 Minute) class pack for \$13598 (75-90 Minute) class pack for \$13598 (75-90 Minute) class pack for \$13599 (75-90 Minute) class pack for \$13599 (75-90 Minute) class pack for \$13599 (75-90 Minute) class pack for \$13590 (76) (75-90 Minute) class pack for \$13590 (76) (76) (76) (77)91 (76) (76) (77) (77)91 (76) (77) (77) (77)92 (77) (77) (77)92 (77) (77) (77)93 (77) (77) (77) (77)94 (77) (77) (77) (77)95 (75) (75) (75) (75) (75) (75) (75) (75	520-A Central Ave SE ABQ, NM 87102 Contact: 505.842.1080		
<ul> <li>60 Minute Class: \$15</li> <li>60 Minute Class: \$15</li> <li>75 Minute Class: \$18</li> <li>75 Minute Class: \$11</li> <li>90 minute classes-\$6-\$10</li> <li>90 minute classes-\$12 (student pricing only)</li> <li>5 (75-90 Minute) class pack.</li> <li>5 (75-90 Minute) class pack for \$135</li> <li>20 (75-90 Minute) class pack.</li> <li>5 (75-90 Minute) class pack.</li></ul>	Website: http://www.bhavayogastudio.com/	Website: www.highdesertyoga.com	
34 Harvard SE ABQ, NM, 87106       2205 Silver Ave NE ABQ, NM 87106         Contact: 505.750.8526       Phone: 505.715.9271 (Mike's cell number)         Website: http://saniyoga.com/       Website: https://yoga-mike-studio-blue.yogaclassnearyou.com/         Class Schedule:       Website: https://yoga-mike-studio-blue.yogaclassnearyou.com/         Tuesday: 7am-8am, 12-1pm, 5:30-6:30pm       6:45-7:45pm, &         %pm-9pm       Nonday: 5.30-6:30pm, & 6:45-7:45pm, &         Yurday: 7am-8am, 12pm-1pm, & 5:30-6:30pm       6:45-7:45pm, &         Firiday: 7am-8am, 12pm-1pm, & 5:30-6:30pm       Wednesday: 8:30-9:45am (BB), 10:30-11:15am(IY), 12-1pm(VF) & 7-8:30pm(AY)         * Tuesday: 9:00am-10:15am(AYM) & 5:30-6:45pm (YF)       Wednesday: 8:30-9:45am (BB), 10:30-11:15am(IY), 12-1pm(VF) & 7-8:30pm(AY)         * Tuesday: 11:30am-1pm(LY)       * Thursday: 11:30am-1pm(LY)         * Sturday: 5:30pm (Advanced)       * Thursday: 11:30am-1pm(LY)         * Friday: 10-11am (VF) & 11:30am-12:30pm (YN)       * Saturday: 5:30pm-6:30pm(VB) & 7pm-8:45(MLMN)         * Sunday: 1-2:30pm(MLAV), 3-4pm(BB), 4:30-6pm(YY), 6:30pm-7:30pm(CY)       * Suggest Donations         * \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY)       \$ \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY)       \$ \$10 - Vinyasa Biss(VB), Mix Level         * \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY)       \$ \$14 - Ashanta Yoga       \$ \$9 - Moonday Yoga(MY), Yoga Flow(YF), Basic Beginner(BB), Athlete Yoga(AY), Yoga Nidra (YN), Vi	-	<ul> <li>Single Class Fee:</li> <li>60 Minute Class: \$15</li> <li>75 Minute Class: \$18</li> <li>Family Class: \$11</li> <li>Optional Packages:</li> <li>5 (75-90 Minute) class pack-\$79</li> <li>10 (60 Minute) class pack for \$135</li> <li>20 (75-90 Minute) class pack: \$285</li> </ul>	
Contact: 505.750.8526Phone: 505.715.9271 (Mike's cell number)Website: http://saniyoga.com/Website: http://yoga-mike-studio- blue.yogaclassnearyou.com/Class Schedule:Class Schedule: Charges and Additions to June/July 2016 Class ScheduleTuesday: 7am-8am, 12-1pm, 5:30-6:30pm, 6:45-7:45pmMonday: 5.30pm-6:45pm (VF) & 7:15pm-8:40pm (MY)Thursday: 7am-8am, 12pm-1pm, & 5:30-6:30pmTuesday: 9:00am-10:15am(AYM) & 5:30-6:45pm (VF)Thursday: 7am-8am, 12pm-1pm, & 5:30-6:30pmWednesday: 8:30-9:45am (BB), 10:30-11:15am(IY), 12-1pm(VF) & 7-8:30pm(AY)Thursday: 8:30am-9:30am, 12pm-1pm, 1:30-2:30pm, & 	SANI YOGA	YOGA MIKE STUDIO	
Class Schedule:blue.yogaclassnearyou.com/Monday: 12pm-1pm, 5:30-6:30pmclass Schedule:Changes and Additions to June/July 2016 Class ScheduleMonday: 12pm-10pm, 5:30-6:30pm, & 6:45-7:45pmThursday: 7am-8am, 12pm-1pm, & 5:30-6:30pmThursday: 7am-8am, 12pm-1pm, & 5:30-6:30pmFriday: 7am-8am, 12pm-1pm, & 6-7pmSaturday: 8:30am-9:30am, 12pm-1pm, 1:30-2:30pm, &2:45-3:30pm (Advanced)Sunday: 11am-12pm & 6-7pmSee: \$5 for every class \$10 for Advanced Class 6-8pm on Saturday\$10 for Advanced Class 6-8pm on Saturday\$10 for Advanced Class 6-8pm on Saturday\$10 - Vinyasa Flow (VF), \$11 - Vinyasa Flow (VF), Interrupted Yoga (IY)\$10 - Vinyasa Flow (VF), \$11 - Vinyasa Flow (VF), Interrupted Yoga (IY)\$210 - Vinyasa Flow (VF), \$11 - Ashanta Yoga Mysore (AYM)\$210 - Vinyasa Flow (VF), \$11 - Ashanta Yoga Mysore (AYM)\$210 - Vinyasa Mick Level\$210 - Vinyasa Flow (VF), \$11 - Ashanta Yoga Mysore (AYM)\$210 - Vinyasa Flow (VF), \$11 - Ashanta Yoga Mysore (AYM)\$210 - Vinyasa Mick Level\$210 - Vinyasa Mick Level\$210 - Vinyasa Mick Level\$210 - Vinyasa Flow (VF), \$11 - Ashanta Yoga Mysore (AYM)\$210 - Vinyasa Mick VP), \$11 - Ashanta Yoga Mysore (AYM)	134 Harvard SE ABQ, NM, 87106 <b>Contact:</b> 505.750.8526	2205 Silver Ave NE ABQ, NM 87106	
Yoga (YY), & Candlelight Yoga(CY)	Wednesday: 12pm-1:00pm, 5:30-6:30pm, & 6:45-7:45pm Thursday: 7am-8am, 12pm-1pm, & 5:30-6:30pm Friday: 7am-8am, 12pm-1pm, & 6-7pm Saturday: 8:30am-9:30am, 12pm-1pm, 1:30-2:30pm, & 2:45-3:30pm (Advanced) Sunday: 11am-12pm & 6-7pm Fee: \$5 for every class	blue.yogaclassnearyou.com, <b>Class Schedule:</b> Changes and Additions to June Monday: 5.30pm-6:45pr Tuesday: 9:00am-10:15a Wednesday: 8:30-9:45a 12-1pm(VF) Thursday: 11:30am-1pm Friday: 10-11am (VF) & 1 Saturday: 5:30pm-6:30p Sunday: 1-2:30pm(MLAN 6:30pm-7:30pr Fee \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY) \$7/single or \$11 with friend - Lucky Yoga (LY) \$14 - Ashanta Yoga	/ e/July 2016 Class Schedule m (VF) & 7:15pm-8:40pm (MY) am(AYM) & 5:30-6:45pm (YF) m (BB), 10:30-11:15am(IY), a 7-8:30pm(AY) n(LY) L1:30am-12:30pm (YN) m(VB) & 7pm-8:45(MLMN) /), 3-4pm(BB), 4:30-6pm(YY), m(CY) Suggest Donations \$9 - Moonday Yoga(MY), Yoga Flow(YF), Basic Beginner(BB), Athlete Yoga(AY), Yoga Nidra (YN), Vinyasa Bliss(VB), Mix Level Music Night(MLMN), Mix Level
	ALL LISTED PRICES ARE SUBJECT TO CHANGE. CON		

Resources collected by UNM Student Health and Counseling (SHAC) <u>shac.unm.edu</u> For more information contact our Health Education & Prevention Department at 505.277.1074 or <u>peerhelp@unm.edu</u>

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# **PERSONAL TRAINERS**

### **RECREATIONAL SERVICES**

MSC 04 2600 Johnson C

Contact: 505.272.39

Website: http://recsvcs

#### **Student Fee & Pack**

- Individual Perso
  - o \$100 Pack
  - o \$150 Pack
  - \$200 Pack
  - o \$250 Pack
- Partner & Grou
  - o \$125 Parti
    - Packag
  - o \$90 or \$150
    - Availab
    - Group

### PL

8 ABQ & 1 Rio Ranch

Contact: 505.872.02

#### Website: http://ww

#### Fee: N/A

Unlimited Fitn • Program with

#### **Unlimited Group Se**

- Require at leas •
- Trainer led gro •

### **Individual Session:**

6

- Meet one-on-•
  - Trainer will

## **ANY TIME FITNESS**

0 Johnson Center, 1 UNM, ABQ, NM 87131	5 locations-check website for address	
05.272.3989	Contact: 505.375.2020 (Coal location only)	
http://recsvcs.unm.edu/fitness/personal-training.html	Website: http://www.anytimefitness.com/	
ee & Package Options:	Hours: 24 Hour Gym Access	
dual Personal Training Packages: 100 - <i>Package 1:</i> 3 one hour sessions	Staffed Hours: Monday & Tuesday: 12pm-7pm Wednesday & Thursday: 12pm-6pm	
150 - Package 2: 5 one hour sessions	Friday/Saturday: 12pm-1pm	
200 - Package 3: 7 one hour sessions	<b>Fee</b> : \$39.99-\$50 per month	
250 - Package 4: 10 one hour sessions	Services Include:	
er & Group Training Packages: L25 - Partner: split the cost w/partner ■ Packages follows individual format	<ul> <li>One-on-one time</li> <li>Creation of personalized individual workout</li> <li>Goal setting</li> </ul>	
90 or \$150 Group Training (3-4 people): Available in two or four sessions Group members split the cost	Personalization of exercises	
PLANET FITNESS	LIBERTY GYM	
1 Rio Rancho locations, check website for address	2401 Jefferson NE, ABQ, NM 87110	
05.872.0232 (Menaul & Carlisle location)	Phone: 505.884.8012	
nttp://www.planetfitness.com/	Website: <u>http://www.libertygym.com</u>	
nited Fitness Training/ Fitness Trainer ram with membership	Hours: Monday-Friday: 4:30am-10pm Saturday: 6am-6pm Sunday: 8am-6pm	
Group Sessions:	<b>Fee</b> : ~\$35-\$50/hour	
uire at least 5 members in attendance her led group workout	<ul> <li>Services Include:</li> <li>Help realize and set fitness goals</li> </ul>	
Session: t one-on-one with trainer. rainer will design personal fitness program	<ul> <li>Train one-on-one to achieve fitness goals</li> <li>Nutritional Advice</li> </ul>	
ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTA	ACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.	