

WORKOUT FACILITIES

RECREATIONAL SERVICES

1 UNM, MSC04 2600 Johnson Center, ABQ, NM 87131

Contact: 505.277.0178

Website: <http://recsvcs.unm.edu>

Hours: Vary for each room

Membership Fee: \$0 for students

Student Access Includes:

- Access to gym, pool & equipment room

Instructor Led Group Class & Fee:

- Personal Training for a fee:
<http://recservices.unm.edu/recreation/fitness/personal-training.html>

UFC Gym

6300 San Mateo Blvd NE Suite Q, Albuquerque, NM 87109

Multiple Locations: <https://ufcgym.com/locations>

Contact: (505) 994-4269

Website: <http://www.ufcgym.com/>

Hours: Monday-Thursday: 5am-8pm

Friday: 5am-7pm

Saturday/ Sunday: 8am-12pm

Membership Fee: *Student Discount-\$5 off per month*

- \$79 month to month (one gym only)
- 1-year membership paid in full please call for prices

*Enrollment & cancellation fees dependent on monthly specials

Membership Includes:

- Unlimited access to classes
- Opportunity to have personalized instruction by professional and amateur fighter

SNAP FITNESS

4 Albuquerque locations-see website for address

Contact: 505.839.1535 (Tramway Location)

Website: <https://www.snapfitness.com/>

Hours: Monday-Sunday 24/7

Membership Fee: \$20.00 month to month

Enrollment Fee: \$49 (includes access key card)

- Discount for UNM Students/Staff at all locations
 - \$33.38 + tax

Membership Includes:

- 24/7 365 days a year access to all locations
- No contracts
- Pre-pay discounts or pay month-to-month
- Online resources (workout and meal plans)
- A free personalized fitness assessment when you join (body fat scanner, lean body mass, weight distribution)

DEFINED FITNESS

3 ABQ & 1 Rio Rancho Location-see website for address

Contact: 505.888.7097 (San Mateo contact only)

Website: www.defined.com

Hours:

Monday-Friday: 4:30am-10pm

Saturday/Sunday-5:30am-7pm

Membership Fee: \$43

Enrollment Fee: depends on which contract

Membership Includes: depends on contract

- Access to all locations
- Group classes (included in membership)
- Aquatics complex
- Free supervised child care
- No contracts

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: <http://www.planetfitness.com/>

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 1st)
- 12 Month Membership
 - \$39 start-up fee
 - \$10.00 monthly fee
- Month to Month Membership
 - \$59 start-up fee
 - \$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
- ½ 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: <http://www.powerflexgym.com/>

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**

Horn Family: 4901 Indian School Rd NE ABQ NM 87110
Contact: 505.265.6971

McLeod Family: 12500 Comanche Rd NE ABQ NM 87111
Contact: 505.292.2298

Website: <http://ymcacnm.org/>

Hours: Monday-Friday 5:30 AM - 9:30 PM
Saturday: 8AM - 5PM & Sunday: 12PM - 6PM

Membership Fee:

- \$39 Monthly Fee for students 18-25 year old

Enrollment Fee: \$50, no contract

Membership Includes:

- Fitness Equipment & Free Weights
- Complimentary Single Family Childcare
- Body Fat Testing with Trained Professionals
- Group Exercise & Classes
- Indoor and Outdoor Swimming Pools
- Gymnasium for basketball, volleyball and more
- Personal Training Available
- Massage Therapy
- Day-Use Lockers

LIBERTY GYM

2401 Jefferson NE, ABQ, NM 87110

Contact: 505.884.8012

Website: <http://www.libertygym.com>

Hours: Monday-Friday: 4:30am-10pm
Saturday: 6am-6pm & Sunday: 8am-6pm

Membership Fee: *Call for UNM, CNM, & couple discounts*

- No initiation fee
- \$5 Daily drop in fee
- \$30 - 1 month membership* (W/4 Month Commitment)
- \$100 - 4 month membership* (paid up front)

*Monthly memberships require automatic bank withdrawal

Membership Includes:

- Free Orientation with Personal Trainer
- Cross Training Programs
- Aerobic Equipment, Free Weights & Machines
- Pro Shop with Line of Products

Additional Options:

- Body Fat Testing - \$15

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:

- 24 Hour Access
- Private Showers
- Personal Training
- Cardio & HD TVs
- State of the art cardio/strength equipment
- Wellness programs

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YOGA FACILITIES

<p style="text-align: center;">BHAVA YOGA</p> <p>520-A Central Ave SE ABQ, NM 87102 Contact: 505.842.1080 Website: http://www.bhavayogastudio.com/ Class Schedule: Check website for schedule</p> <p>Fee:</p> <ul style="list-style-type: none"> • Hour-long classes-\$6-\$10 • 90 minute classes-\$12 (<i>student pricing only</i>) 	<p style="text-align: center;">HIGH DESERT YOGA</p> <p>4600 Copper Av NE ABQ, NM 87108 Contact: 505.232.9642 Website: www.highdesertyoga.com</p> <p>Single Class Fee:</p> <ul style="list-style-type: none"> • 60 Minute Class: \$15 • 75 Minute Class: \$18 • Family Class: \$11 <p>Optional Packages:</p> <ul style="list-style-type: none"> • 5 (75-90 Minute) class pack-\$79 • 10 (60 Minute) class pack for \$135 • 20 (75-90 Minute) class pack: \$285 • Unlimited monthly-\$245 	
<p style="text-align: center;">SANI YOGA</p> <p>134 Harvard SE ABQ, NM, 87106 Contact: 505.750.8526 Website: http://saniyoga.com/</p> <p>Class Schedule:</p> <p>Monday: 12pm-1pm, 5:30-6:30pm Tuesday: 7am-8am, 12-1pm, 5:30-6:30pm, 6:45-7:45pm, & 8pm-9pm 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</p> <p>Fee: \$5 for every class \$10 for Advanced Class 6-8pm on Saturday</p>	<p style="text-align: center;">YOGA MIKE STUDIO</p> <p>2205 Silver Ave NE ABQ, NM 87106 Phone: 505.715.9271 (<i>Mike's cell number</i>) Website: https://yoga-mike-studio-blue.yogaclassnearlyou.com/</p> <p>Class Schedule: <i>Changes and Additions to June/July 2016 Class Schedule</i></p> <ul style="list-style-type: none"> • Monday: 5:30pm-6:45pm (VF) & 7:15pm-8:40pm (MY) • 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) • 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) 	
	<p style="text-align: center;">Fee</p> <ul style="list-style-type: none"> • \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY) • \$7/single or \$11 with friend - Lucky Yoga (LY) • \$14 - Ashanta Yoga Mysore (AYM) 	<p style="text-align: center;">Suggest Donations</p> <p>\$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 Ashanta Vinyasa (MLAV), Yin Yoga (YY), & Candlelight Yoga(CY)</p>

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PERSONAL TRAINERS

RECREATIONAL SERVICES

MSC 04 2600 Johnson Center, 1 UNM, ABQ, NM 87131

Contact: 505.272.3989

Website: <http://recsvcs.unm.edu/fitness/personal-training.html>

Student Fee & Package Options:

- Individual Personal Training Packages:
 - \$ 100 - *Package 1:* 3 one hour sessions
 - \$150 - *Package 2:* 5 one hour sessions
 - \$200 - *Package 3:* 7 one hour sessions
 - \$250 - *Package 4:* 10 one hour sessions
- Partner & Group Training Packages:
 - \$125 - Partner: split the cost w/partner
 - Packages follows individual format
 - \$90 or \$150 Group Training (3-4 people):
 - Available in two or four sessions
 - Group members split the cost

ANY TIME FITNESS

5 locations-check website for address

Contact: 505.375.2020 (Coal location only)

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

Hours: 24 Hour Gym Access

Staffed Hours: Monday & Tuesday: 12pm-7pm
 Wednesday & Thursday: 12pm-6pm
 Friday/Saturday: 12pm-1pm

Fee: \$39.99-\$50 per month

Services Include:

- One-on-one time
- Creation of personalized individual workout
- Goal setting
- Personalization of exercises

PLANET FITNESS

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

Contact: 505.872.0232 (Menaul & Carlisle location)

Website: <http://www.planetfitness.com/>

Fee: N/A

- Unlimited Fitness Training/ Fitness Trainer Program with membership

Unlimited Group Sessions:

- Require at least 5 members in attendance
- Trainer led group workout

Individual Session:

- Meet one-on-one with trainer.
 - Trainer will design personal fitness program

LIBERTY GYM

2401 Jefferson NE, ABQ, NM 87110

Phone: 505.884.8012

Website: <http://www.libertygym.com>

Hours: Monday-Friday: 4:30am-10pm
 Saturday: 6am-6pm
 Sunday: 8am-6pm

Fee: ~\$35-\$50/hour

Services Include:

- Help realize and set fitness goals
- Train one-on-one to achieve fitness goals
- Nutritional Advice

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