

**WORKOUT FACILITIES****RECREATIONAL SERVICES**

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

**Contact:** 505.277.0178

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

**Hours:** Monday-Friday: 6am-9pm  
Saturday-Sunday: 11am-5:45pm

**Membership Fee:** \$0 for students

**Student Access Includes:**

- Access to gym, pool & equipment room

**Instructor Led Group Class & Fee:**

- W.O.W pass
  - \$100 (Only for Full-time staff & faculty)
- Works
  - UNM students: \$60
  - UNM Faculty/Staff: \$80
  - Community: \$100

**UFC Gym**

4520 Alexander Blvd NE, ABQ, NM 87107 (Eastside)

**Contact:** 505.341.4269

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

**Hours:** Monday-Thursday: 5am-9pm  
Friday: 5am-8pm  
Saturday: 8am-4pm  
Sunday: 8am-2pm

**Membership Fee:** *Student Discount-\$10 off per month*

- \$69 month to month
  - \$699 for 1-year membership paid in full
- \*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:** 505.908.9978 (Menaul Location)

**Website:** [snapfitness.com](http://snapfitness.com)

**Hours:** Monday-Sunday 24/7

**Membership Fee:** \$38.95 month to month  
\$30.95/month for 1 year

**Enrollment Fee:** \$20

- Discounts for UNM Students/Staff

**Membership Includes:**

- 24/7 365 days a year access to all locations
- No contracts
- Pre-pay discounts or pay month-to-month
- Free online resources (workout and meal plans)
- Consultation with a personal trainer every 3 months

**DEFINED FITNESS**

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

**Contact:** 505.888.7097 (San Mateo contact only)

**Website:** [www.defined.com](http://www.defined.com)

**Hours:**

Monday-Thursday: 4:30am-Midnight  
Friday-4:30am-10pm  
Saturday-5:30am-8pm  
Sunday-8am-7pm

**Membership Fee:** \$41.84 - \$45<sup>+tax</sup> per month

**Enrollment Fee:** \$80.84

**Membership Includes:**

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

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

## WORKOUT FACILITIES

### 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-Friday: Open 24 hours (12am M- 9pm Fri)
- Saturday-Sunday: 7am-7pm

**Membership Fee:**

- Month to Month:
  - \$10 start-up fee
  - \$19.99 monthly fee
  - \$39.99 annual membership fee
- 6 Month Membership
  - \$49 start-up fee
  - \$10 monthly fee
  - \$29 annual member fee
- Black Card Membership
  - Free to sign up
  - \$19.99 monthly fee
  - \$39.99 annual member fee (Feb.)

**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

Northeast Heights: 1635 Eubank Blvd NE ABQ, NM 87112

**Contact:** 505.299.1454

North Valley: 6601 4<sup>th</sup> St NW ABQ, NM 87107

**Contact:** 505.369.1101

**Website:** <http://www.powerflexgym.com/>

**Hours:** Members have access 24/7

*Northeast Heights Staff Hours*

Monday-Friday: 12pm-8pm

Saturday: 10am-3pm

Sunday: *By appointment only*

*North Valley Staff Hours*

Monday-Friday: 12pm-7pm

Saturday: 10am-3pm

Sunday: *By appointment only*

**Membership Fee:**

- 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

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**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

**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
- \$25 - 1 month membership\* (w/4 Month Commitment)
- \$100 - 4 month membership\*
- \$150 - 6 month membership\*
- \$300 - 1 year membership\*

\*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**

*4 locations-check website for address*

**Contact:** 505.821.9850 (Sage Rd Location)

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

**Hours:** 24 Hour Gym Access

**Staffed Hours:** Monday & Tuesday: 12pm-8pm, Wednesday & Thursday: 12pm-6pm, Friday: 9am -1pm  
Saturday: 12pm-4pm

**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

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

**YOGA FACILITIES****BHAVA YOGA**

520-A Central Ave SE ABQ, NM 87102

**Contact:** 505.842.1080**Website:** <http://www.bhavayogastudio.com/>**Class Schedule:** Check website for schedule**Fee:**

- Hour-long classes-\$6-\$10
- 90 minute classes-\$12 (*student pricing only*)

**HIGH DESERT YOGA**

4600 Copper Av NE ABQ, NM 87108

**Contact:** 505.232.9642**Website:** [www.highdesertyoga.com](http://www.highdesertyoga.com)**Single Class Fee:**

- 60 Minute Class: \$13
- 75 Minute Class: \$16
- 90 Minute Class: \$16
- Family Class: \$12

**Optional Packages:**

- 5 (90 Minute) class pack-\$75
- 10 class pack for \$140
- 20 class pack: \$260
- Unlimited monthly-\$225
- 2 classes for the price of 1 class (*New students only*)

**SANI YOGA**

134 Harvard SE ABQ, NM, 87106

**Contact:** 505.750.8526**Website:** <http://saniyoga.com/>**Class Schedule:**

Monday: 12pm-1pm, 5:30-6:30pm, 6:45-7:45pm

Tuesday: 7am-8am, 12-1pm, 5:30-6:30pm, 6:45-7:45pm

Wednesday: 12pm-1:00pm, 5:30-6:30pm 6:45-7:45pm

Thursday: 7am-8am, 12pm-1pm, 5:30-6:30pm, 8pm-9pm

Friday: 11am-12pm, 1:30pm-2:30pm & 6-7pm (*Advanced class*)

Saturday: 12-1pm, 1:30-2:30pm, 2:45-3:30pm

Sunday: 11am-12pm, 4:30-5:30pm, 6-7pm

**Fee:** \$5 for every class

\$10 for Advanced Class 6-8pm on Friday

**YOGA MIKE STUDIO**

2205 Silver Ave NE ABQ, NM 87106

**Phone:** 505.715.9271 (*Mike's cell number*)**Website:** <http://www.yogastudioblue.com/>**Class Schedule:***Changes and Additions to June/July 2016 Class Schedule*

- 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)

**Fee**

- \$10 - Vinyasa Flow (VF), Interrupted Yoga (IY)
- \$7/single or \$11 with friend - Lucky Yoga (LY)
- \$14 - Ashanta Yoga Mysore (AYM)

**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 Ashanta Vinyasa (MLAV), Yin Yoga (YY), & Candlelight Yoga(CY)

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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:
  - \$ 80 - *Package 1:* 3 one hour sessions
  - \$125 - *Package 2:* 5 one hour sessions
  - \$165 - *Package 3:* 7 one hour sessions
  - \$205 - *Package 4:* 10 one hour sessions
- Partner & Group Training Packages:
  - \$125 - \$205 - 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

*4 locations-check website for address*

**Contact:** 505.821.9850 (Sage Rd 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 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.**