

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:

- Personal Training
 - <http://recservices.unm.edu/assets/pdf/personal-training.pdf>
- W.O.W pass
 - UNM students: \$35
 - UNM Faculty/Staff: \$75
 - Community: \$100

UFC Gym

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

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

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-\$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: \$38.95 month to month

Enrollment Fee: \$49 (includes access key card & in-house heart rate monitor)

- Discount for UNM Students/Staff
 - \$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
- Free online resources (workout and meal plans)
- A free personalized fitness assessment when you join

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

Membership Fee: \$41.91 students and staff- per month after tax

Enrollment Fee: \$80.84 after tax

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:** all memberships include a \$39 annual member fee +tax (due August 1st)
- 12 Month Membership
 - \$5 start-up fee
 - \$10.00 monthly fee
- Month to Month Membership
 - \$59 start-up fee
 - \$15 monthly fee
- Black Card Membership
 - \$0-20
 - \$21.99 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

3 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

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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, 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

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**Single Class Fee:**

- 60 Minute Class: \$15
- 75 Minute Class: \$18
- Family Class: \$11

Optional Packages:

- 5 (75-90 Minute) class pack-\$79
- 10 (60 Minute) class pack for \$135
- 20 (75-90 Minute) class pack: \$285
- Unlimited monthly-\$245

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

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

Fee: \$5 for every class

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

YOGA MIKE STUDIO

2205 Silver Ave NE ABQ, NM 87106

Phone: 505.715.9271 (*Mike's cell number*)**Website:** <https://yoga-mike-studio-blue.yogaclassnearlyou.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:
 - \$ 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

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