

# UNM Health Sciences Center Wellness Program

## Fitness Classes

To make working out affordable and convenient, the UNM HSC Wellness Program offers a variety of low-cost fitness classes on campus throughout the year. Whether you're looking for high-intensity cardio sessions, an opportunity to improve your flexibility or simply something that will help get you into a sustainable exercise regimen, we have a class for you!

## Upcoming Classes

Class	Date	Length of Class	Indoors/Outdoors	Time	Cost
Low Impact / Stretching	March 13 – April 19	6 weeks	Outdoor	11:45am – 12:15pm Monday & Wednesday	\$30
Yoga	March 14 – April 20	6 weeks	Indoor	11:45am – 12:15pm Tuesday & Thursday	\$30
Cardio Kickboxing	April 24 – May 31	6 weeks	Outdoor	11:45am – 12:15pm Monday & Wednesday	\$30
Boot Camp	April 25 – June 1	6 weeks	Outdoor	11:45am – 12:15pm Tuesday & Thursday	\$30
Cardio Kickboxing	June 5 – July 12	6 weeks	Outdoor	11:45am – 12:15pm Monday & Wednesday	\$30
Boot Camp	June 6 – July 13	6 weeks	Outdoor	11:45am – 12:15pm Tuesday & Thursday	\$30
Low Impact / Stretching	July 18 – August 24	6 weeks	Indoor	11:45am – 12:15pm Tuesday & Thursday	\$30
Cardio Kickboxing	Sept 11 – Oct 18	6 weeks	Outdoor	11:45am – 12:15pm Monday & Wednesday	\$30
Boot Camp	Sept 12 – Oct 19	6 weeks	Outdoor	11:45am – 12:15pm Tuesday & Thursday	\$30
Yoga	Oct 23 – Nov 29	6 weeks	Indoor	11:45am – 12:15pm Monday & Wednesday	\$30

## How to Register for Classes

Official registration takes place right before each class starts. Please keep a look out for enrollment instructions via emails from [HSC-BeWell@salud.unm.edu](mailto:HSC-BeWell@salud.unm.edu).

Please be advised that enrollment occurs online through [Sign Up Genius](#).

### *If you have never used Sign Up Genius:*

We recommend that you create your online account so when registration opens for a new class, it will be faster for you to reserve your spot!

### *If you already have a Sign Up Genius account:*

If you've created an account in the past, you **do not** need to create an additional one! Just keep a lookout for new class announcements and register using the link provided in the BeWell email.