

Strength & Cardio Classes

INTRODUCTION TO AIKIDO

Aikido is a Japanese Martial Art created by Morihei Ueshiba (1883-1969). Aikido blends the motion of the attacker and redirects the force of the attack rather than opposing it head-on. O Sensei's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury. Aikido requires very little physical strength, as the aikidoka "leads" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks. This Introductory Class will meet for four (4) one-hour sessions. Each session will explore one of four concepts; grounding, extension, blending or leading. The sessions will also introduce basic aikido techniques.

Course 06481	\$75	For 4 Sessions
SPA-HF Jan 30-Feb 20	W	6:00PM-7:00PM
SPB-HF Mar 27-Apr 17	W	6:00PM-7:00PM
Albuquerque Iwama Aikido Paul Barrett		

AIKIDO PRACTICE

The physical side of Aikido consists of throws and joint techniques similar to jujutsu and other movements akin to kenjutsu. Aikido blends the motion of the attacker and redirects the force of the attack rather than opposing it head-on. Aikido requires very little physical strength, as the aikidoka "leads" the attacker's momentum using entering and turning movements. Aikido training is intended to promote physical and mental training, according to the proficiency level of each skill, and is repeatedly practiced so anyone can practice on their own. Aikido training is not only good for health, but also develops self-confidence naturally for daily life.

Course 06390	\$150	For 14 Sessions
SPA-HF Feb 2-May 4	Sa	9:00AM-10:00AM
Albuquerque Iwama Aikido Paul Barrett		

INTRO TO CROSSFIT

Learn the fundamentals of CrossFit, including correct form, movement standards and various workout styles. CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life.

Course 10630	\$165	For 6 Sessions
SPA-HF Jan 7-Feb 18	M	7:00AM-8:00AM
SPB-HF Jan 9-Feb 13	W	7:30PM-8:30PM
SPC-HF Feb 25-Apr 1	M	7:00AM-8:00AM
SPD-HF Feb 27-Apr 3	W	7:30PM-8:30PM
Big Barn Crossfit Jessica Stallings Smith MS, CSCS, USAW		

BOXING BOOTCAMP

Muscle conditioning exercises to provide you with the ultimate circuit workout. You can burn 400-600 calories in a variety of classes that may use jump ropes, boxing drills, free weights and even a little healthy competition.

Course 06479	\$110	For 6 Sessions
SPA-HF Jan 31-Mar 7	Th	6:00PM-7:00PM
SPB-HF Mar 14-Apr 18	Th	6:00PM-7:00PM
SPC-HF Mar 25-May 30	Th	6:00PM-7:00PM
Rosales Karate & Kickboxing Academy Anthony Rosales		

KICKBOXING: TRAIN LIKE A FIGHTER

Learn how to kickbox and punch and get a great workout at the same time! You will develop self-confidence as you learn essential kickboxing techniques in a supportive, safe class environment. We will train with heavy bags, speed bags and kickboxing pads. This may be the most fun workout you've ever tried. Come on time to wrap your hands and warm up. Bring gym clothes and towel. You can purchase your own boxing gloves and professional hand wraps for women and men at the school.

Course 06478	\$110	For 6 Sessions
SPA-HF Jan 29-Mar 5	T	6:00PM-7:00PM
SPB-HF Mar 12-Apr 16	T	6:00PM-7:00PM
SPC-HF Apr 23-May 28	T	6:00PM-7:00PM
Rosales Karate & Kickboxing Academy Anthony Rosales		

FUNCTIONALLY FIT

This class will assess how functional your body is moving and show you exercise strategies to fix your problem areas. You will learn how strength training with correct joint function can be great for you physically. Training in this class will use basic body weight, resistance bands and some free weights.

Course 06502	\$65	For 3 Sessions
SPA-HF Mar 12-Mar 26	T	6:00PM-7:30PM
SPB-HF Apr 8-Apr 22	M	6:00PM-7:30PM
PT First Physical Therapy		
Bob May		

FUN & FITNESS FOR THE REST OF US

Get a great workout that's different each time, exercising with a small group of like-minded friends! If you don't love the gym but you want to be stronger, fitter and healthier, then this is the class for you. Using weights, bands, balls and more, you'll get strength, cardio and stretching all in one. Classes are small and held in a cozy, well equipped studio. Your instructor, Ingrid Wentzel, will coach and challenge you, but always provide options to accommodate a range of skills and abilities. Ingrid has been a personal trainer for over 20 years and specializes in adult fitness for real bodies.

NOTE: Wear workout attire; bring a water bottle and a small towel.

Course 06484	\$95	For 6 Sessions
SPA-HF Jan 7-Feb 11	M	4:00PM-5:00PM
SPB-HF Jan 8-Feb 12	T	6:00PM-7:00PM
SPC-HF Feb 25-Apr 8	M	4:00PM-5:00PM
SPD-HF Feb 26-Apr 9	T	6:00PM-7:00PM
SPE-HF Apr 15-May 20	M	4:00PM-5:00PM
SPF-HF Apr 16-May 21	T	6:00PM-7:00PM
Body Positive Personal Training		
Ingrid Wentzel		

EXPRESS CIRCUIT

An invigorating mix of cardio, core and strength in a 45-minute format to boost your mid-day. All levels are welcome.

Course 06431	\$95	For 6 Sessions
SPA-PE Jan 9-Feb 13	W	12:00PM-12:45PM
SPB-PE Feb 27-Apr 3	W	12:00PM-12:45PM
SPC-PE Apr 17-May 22	W	12:00PM-12:45PM
Body Positive Personal Training		
Ingrid Wentzel		

CORE COMPETENCY

A strong core goes beyond having a six-pack! In this class, we'll focus on abdominal strength and endurance as well as strength and flexibility in back and hips. These areas form a stable base for our bodies to perform fitness and daily life activities safely and effectively. In each class, we will integrate core exercises with stretches for an optimal, balanced workout, and may use a mix of body weight, balls and tubing.

Course 06441	\$65	For 6 Sessions
SPA-PE Jan 7-Feb 18	M	5:20PM-5:50PM
SPB-PE Feb 25-Apr 1	M	5:20PM-5:50PM
SPC-PE Apr 15-May 20	M	5:20PM-5:50PM
Body Positive Personal Training		
Ingrid Wentzel		

HIIT FOR LUNCH

This High Intensity Interval Training class uses moderate-to-vigorous strength, aerobic or combination intervals to give you the best bang for your workout buck. Short format includes warm up and stretch/cool down. Although the pace is brisk, students are always able to move and rest according to their needs.

NOTE: Health & Fitness — Tuition Remission.

Course 06486	\$90	For 6 Sessions
SPA-PE Jan 11-Feb 15	F	12:00PM-12:45PM
SPB-PE Mar 1-Apr 5	F	12:00PM-12:45PM
SPC-PE Apr 19-May 24	F	12:00PM-12:45PM
Body Positive Personal Training		
Ingrid Wentzel		

MAT PILATES

Mat Pilates focuses on your "powerhouse," for essential core stretching and strengthening. A strong core is essential for athletes as it increases stamina and power. Joseph Pilates developed this exercise methodology in which Mat Pilates is performed equipment free. The moves are adapted to work with just your body and a floor mat for cushioning and support.

Course 15903	\$85	For 6 Sessions
SPA-HF Mar 5-Apr 9	T	6:00PM-7:00PM
CE South Building		
Leslie Venezuela		

HOW TO REGISTER: Online: ce.unm.edu Email: ceregistration@unm.edu
Phone: 505.277.0077 x1 In Person: M-F, 8am-4pm at 1634 University Blvd. NE