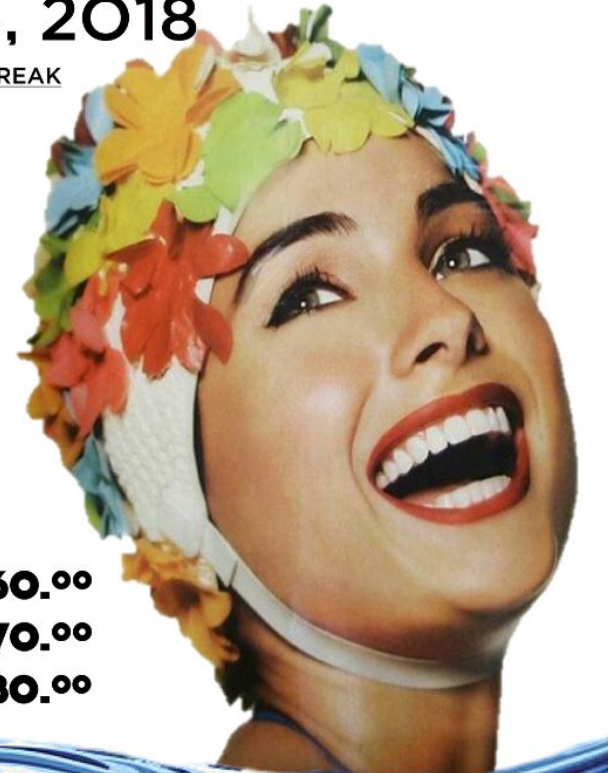


**EXCEL**

**AUGUST 20 - DECEMBER 14, 2018**

NO CLASSES: SEPTEMBER 3 LABOR DAY, OCTOBER 11-12 FALL BREAK

THE RECREATIONAL SERVICES' EXCEL PROGRAM PROVIDES RECREATIONAL OPPORTUNITIES FOR INDIVIDUALS WITH LIMITED ABILITIES TO UTILIZE A FUN, LOW-IMPACT AND REFRESHING EXERCISE ENVIRONMENT. EXCEL WATER CLASSES ARE DESIGNED FOR PEOPLE WHO WANT TO GET A GOOD WORKOUT IN A LOW-IMPACT, AQUATIC ENVIRONMENT. DEEP WATER CLASSES ARE HELD IN UNM JOHNSON POOL. ENJOY EXERCISES THAT STRENGTHEN, TONE, IMPROVE CIRCULATION AND RANGE OF MOTION. MOVE AT YOUR OWN PACE! IT IS RECOMMENDED THAT YOU CONSULT A PHYSICIAN BEFORE STARTING ANY NEW EXERCISE PROGRAM. ALL FLOTATION BELTS AND OTHER EQUIPMENT PROVIDED. TUITION REMISSION BENEFITS ARE NOW AVAILABLE FOR FULL TIME UNM FACULTY AND STAFF!



**MONDAY:**

**Deep Water Aerobics 5:30pm-6:30pm  
Johnson Pool  
Warm Water Exercise 6:30pm-7:30pm  
Therapy Pool**

**WEDNESDAY:**

**Aqua Jogging 12:00pm-1:00pm  
Johnson Pool**

**FRIDAY:**

**Aqua Jogging 12:00pm-1:00pm  
Johnson Pool**

**UNM STUDENTS \$60.00**

**UNM FACULTY/STAFF \$70.00**

**COMMUNITY \$80.00**

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

**1102 Johnson Center, UNM, 505.277.0178**

**recservices.unm.edu**

Division of Student Affairs  
Some programs & services paid for by UNM Student Fees

**AUGUST 20 - DECEMBER 14, 2018**

**FALL 2018**