RECREATIONAL SERVICES EXCEL
AUGUST 19-DECEMBER 13, 2019
NO CLASSES OCTOBER 10-11 UNM FALL BREAK, NOVEMBER 28-29 THANKSGIVING BREAK
ADAPTIVE AQUATIC FITNESS

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 AND AQUA DANCE CLASSES ARE HELD IN UNM JOHNSON POOL. ENJOY EXERCISES THAT STRENGTHEN, TONE, IMPROVE CIRCULATION AND RANGE OF MOTION. 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: AQUA JOGGING
12:00pm-1:15pm
Olympic Pool Deep End

TUESDAY AQUA JOGGING
12:00pm-1:15pm
Olympic Pool Deep End

WEDNESDAY: AQUA JOGGING
12:00pm-1:15pm
Olympic Pool Deep End

THURSDAY: AQUA JOGGING
12:00pm-1:15pm
Olympic Pool Deep End

FALL 2019

UNM STUDENTS $60.00
UNM FACULTY/STAFF $70.00
COMMUNITY $80.00

THE UNIVERSITY OF NEW MEXICO RECREATIONAL SERVICES
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Division of Student Affairs
Some programs & services paid for by UNM Student Fees