

UNM RECREATIONAL SERVICES

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. IT IS RECOMMENDED THAT YOU CONSULT A PHYSICIAN BEFORE STARTING ANY NEW EXERCISE PROGRAM. ALL FLOTATION BELTS AND OTHER EQUIPMENT PROVIDED.

EXCEL

**Adaptive Aquatic Fitness
SUMMER 2018**

JUNE 4 - JULY 27, 2018

NO CLASSES JULY 4, 2018

**UNM
STUDENTS
\$30.00**

**UNM FACULTY
and STAFF
\$40.00**

**COMMUNITY
\$50.00**

UNM TUITION
REMISSION
BENEFITS ARE
NOW AVAILABLE
FOR FULL TIME
UNM FACULTY
AND STAFF!

MONDAY: Deep Water Aerobics

5:00pm-6:00pm Johnson Pool

Warm Water Stretch

6:00pm-7:00pm Therapy Pool

WEDNESDAY: Aqua Jogging

12:00pm-1:00pm Johnson Pool

THURSDAY: Deep Water Aerobics

5:30pm-6:30pm Johnson Pool

FRIDAY: Aqua Jogging

12:00pm-1:00pm Johnson Pool

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 Fr.

