



RECREATIONAL
SERVICES

EXCEL

AUGUST 19-DECEMBER 6, 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 Johnson Pool

TUESDAY

DEEP WATER AEROBICS

5:30pm-6:30pm Johnson Pool

WARM WATER STRETCH

6:35pm-7:15pm Therapy Pool

WEDNESDAY: AQUA JOGGING

12:00pm-1:15pm Johnson Pool

THURSDAY: AQUA JOGGING

12:00pm-1:15pm Johnson Pool

FALL 2019

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

