RECREATIONAL SERVICES

EXCEL

ADAPTIVE AQUATIC FITNESS

JANUARY 21 - MAY 15, 2020

NO CLASSES MARCH 14-22, 2020 UNM SPRING BREAK

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

WEDNESDAY

MONDAY
AQUA JOGGING
12:00PM-1:15PM
OLYMPIC POOL DEEP END

DEEP WATER
AEROBICS
12:00PM-1:15PM
OLYMPIC POOL DEEP END

TUESDAY

THURSDAY
AQUA JOGGING
12:00PM-1:15PM
OLYMPIC POOL DEEP END
AQUA JOGGING
12:00PM-1:15PM
OLYMPIC POOL DEEP END

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!

SUN MERRING 2020

THE UNIVERSITY OF NEW MEXICO RECREATIONAL SERVICES
1102 Johnson Center, UNM, 505.277.0178
recservices.unm.edu
Division of Student Affairs
Some programs & services are for by UNM Student Fees