RECREATIONAL SERVICES
EXCEL
ADAPTIVE AQUATIC FITNESS
JUNE 6 - JULY 29, 2022

THE UNM RECREATIONAL SERVICES’ EXCEL PROGRAM PROVIDES FITNESS OPPORTUNITIES FOR INDIVIDUALS WITH LIMITED ABILITIES. ENJOY A FUN, LOW-IMPACT, REFRESHING AND ADAPTABLE AQUATIC EXERCISE CLASS! THESE WATER CLASSES ARE DESIGNED FOR PEOPLE WHO WANT TO GET A GOOD CARDIO WORKOUT IN A LOW-IMPACT, AQUATIC ENVIRONMENT. DEEP WATER AND AQUA DANCE CLASSES ARE OFFERED. ENJOY EXERCISES THAT STRENGTHEN, TONE, IMPROVE CIRCULATION AND INCREASE YOUR 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!

NO CLASSES
JULY 4, 13, 2022

ALL CLASSES HELD IN THE
UNM OLYMPIC POOL DEEP END.

MONDAY
AQUA JOGGING
12:00PM-1:00PM

WEDNESDAY
DEEP WATER AEROBICS
12:00PM-1:00PM

FRIDAY
AQUA JOGGING
12:00PM-1:00PM

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

SUMMER 2022

$60.00