

UNM RECREATIONAL SERVICES **EXCEL** **ADAPTIVE AQUATIC FITNESS** **JUNE 2 – AUGUST 8, 2025**

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!

SUMMER 2025

NO CLASSES
JULY 4, JUNE 19, 2025

ALL CLASSES HELD IN THE
UNM OLYMPIC POOL.

MONDAY
AQUA JOGGING
6:30PM-7:30PM

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



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

THURSDAY
AQUA JOGGING
6:30PM-7:30PM

FREE
TO UNM STUDENTS!

UNM FACULTY/STAFF,
COMMUNITY

\$60.00