

UNM RECREATIONAL SERVICES

EXCEL

ADAPTIVE AQUATIC FITNESS
JANUARY 17 – MAY 12, 2023

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: MARCH 13-17, 2023

ALL AQUATIC CLASSES

HELD IN THE

UNM

OLYMPIC

POOL

DEEP END.

MONDAY-THURSDAY

AQUA JOGGING 12:00PM-1:00PM

FRIDAY

CIRCUIT TRAINING 12:00PM-1:00PM

CIRCUIT CLASS: UNM Johnson Center Functional Training Room

\$60.00 UNM STUDENTS

\$100.00 UNM FACULTY, STAFF, COMMUNITY

SPRING 2023



THE UNIVERSITY OF NEW MEXICO
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

recservices.unm.edu

Division of Student Affairs
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