



RECREATIONAL  
SERVICES

THESE CLASSES ARE  
ALSO PART OF THE  
SPRING 2020 WOW  
FITNESS SCHEDULE!

# 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



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!

### WEDNESDAY

#### MONDAY DEEP WATER

#### AQUA JOGGING AEROBICS

12:00PM-1:15PM

12:00PM-1:15PM

OLYMPIC POOL DEEP END

OLYMPIC POOL DEEP END

#### TUESDAY THURSDAY

#### AQUA JOGGING AQUA JOGGING

12:00PM-1:15PM

12:00PM-1:15PM

OLYMPIC POOL DEEP END

OLYMPIC POOL DEEP END

# SPRING 2020

THE UNIVERSITY OF NEW MEXICO  
Recreational Services  
1102 Johnson Center, UNM, 505.277.0175

[recservices.unm.edu](http://recservices.unm.edu)

Division of Student Affairs  
Some programs & services are funded by UNM Student Fees