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!

ALL CLASSES HELD IN THE UNM OLYMPIC POOL DEEP END.

**MONDAY**

**AQUA JOGGING**

12:00PM-1:00PM

**TUESDAY**

**DEEP WATER AEROBICS**

12:00PM-1:00PM

**WEDNESDAY**

**AQUA JOGGING**

12:00PM-1:00PM

**THURSDAY**

**DEEP WATER AEROBICS**

12:00PM-1:00PM

**FRIDAY**

**AQUA JOGGING**

12:00PM-1:00PM

**UNM STUDENTS** $60.00

**UNM FACULTY/STAFF** $120.00

**COMMUNITY** $120.00

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**THE UNIVERSITY OF NEW MEXICO RECREATIONAL SERVICES**

1102 Johnson Center, UNM, 505.277.0178

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