EXCEL
ADAPTIVE AQUATIC FITNESS
SEPTEMBER 20-DECEMBER 17, 2021

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