



# EXCEL

## ADAPTIVE AQUATIC FITNESS JANUARY 27 – MAY 9



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 17 – 21, 2025**  
**ALL CLASSES HELD IN THE**  
**UNM OLYMPIC POOL DEEP END.**

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

**TUESDAY**  
**DEEP WATER**  
**AEROBICS**  
**12:00PM-1:00PM**

**WEDNESDAY**  
**AQUA JOGGING**  
**12:00PM-1:00PM**

**THURSDAY**  
**DEEP WATER**  
**AEROBICS**  
**6:30PM-7:30PM**

THESE CLASSES ARE ALSO PART OF

**UNM PackFit**

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

1102 Johnson Center, UNM, 505.277.0179

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

Division of Student Affairs  
Some programs & services paid for by UNM Student Fees

# SPRING 2025

UNM STUDENTS  
**FREE**

UNM FACULTY/STAFF,  
COMMUNITY  
**\$125.00**