



RECREATIONAL SERVICES

EXCEL

ADAPTIVE AQUATIC FITNESS
AUGUST 26 – DECEMBER 5

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

SEPTEMBER 2, OCTOBER 10-11

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 THURSDAY
AQUA JOGGING DEEP WATER AEROBICS
12:00PM-1:00PM 6:30PM-7:30PM

THESE CLASSES ARE ALSO PART OF
UNM PackFit

THE UNIVERSITY OF NEW MEXICO
Recreational Services
1102 Johnson Center, UNM, 505.277.0178
recservices.unm.edu

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

UNM FACULTY/STAFF,
COMMUNITY

UNM STUDENTS
FREE

\$125.00

FALL 2024