ADAPTIVE AQUATIC FITNESS
JANUARY 22 - MAY 3, 2024
FREE
TO UNM STUDENTS
All classes held in the
UNM Olympic Pool Deep End.

WEDNESDAY
Aqua Jogging
12:00pm-1:00pm

MONDAY
Aqua Jogging
6:30pm-7:30pm

TUESDAY
Deep Water
Aerobics
12:00pm-1:00pm

THURSDAY
Deep Water
Aerobics
12:00pm-1:00pm

NO CLASSES MARCH 11-15
SPRING BREAK

SPRING 2024

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

UNM FACULTY/STAFF, COMMUNITY

$100.00

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!