

UNM RECREATIONAL SERVICES **EXCEL**

ADAPTIVE AQUATIC FITNESS

AUGUST 25 - DECEMBER 5, 2025

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!

JOIN THE FUN!

ALL CLASSES HELD IN THE UNM OLYMPIC POOL.

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

THURSDAY
Water Aerobics
6:30pm-7:30pm

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

FREE

TO UNM STUDENTS!

FALL 2025

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**

\$100

