RECREATIONAL SERVICES

EXCEL

ADAPTIVE AQUATIC FITNESS
AUGUST 29-DECEMBER 15, 2022

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 5, OCTOBER 1-14,
NOVEMBER 24-25, 2022

ALL CLASSES HELD IN THE
UNM OLYMPIC POOL
DEEP END.

MONDAY-THURSDAY

AQUA JOGGING 12:00PM-1:00PM

UNM STUDENTS $60.00
UNM FACULTY, STAFF, COMMUNITY $100.00

FALL 2022

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