UNM RECREATIONAL SERVICES SPRING 2016 FITNESS PROGRAM

EXCEL ADAPTIVE AQUATIC FITNESS

JANUARY 19 - MAY 6, 2016

MONDAY:  AQUA DANCE  6:00PM-7:00PM  JOHNSON POOL
TUESDAY:  ADAPTIVE DEEP WATER AEROBICS  6:00PM-7:00PM  JOHNSON POOL
          WARM WATER EXERCISE  7:00PM-8:00PM  THERAPY POOL
WEDNESDAY: AQUA JOGGING  12:00PM-1:00PM  JOHNSON POOL
THURSDAY:  ADAPTIVE DEEP WATER AEROBICS  6:00PM-7:00PM  JOHNSON POOL
          WARM WATER EXERCISE  7:00PM-8:00PM  THERAPY POOL
FRIDAY:  AQUA JOGGING  12:00PM-1:00PM  JOHNSON POOL

UNM STUDENTS  $60.00
UNM FACULTY/STAFF  $70.00
COMMUNITY  $80.00

THE RECREATIONAL SERVICES’ EXCEL PROGRAM PROVIDES RECREATIONAL OPPORTUNITIES FOR INDIVIDUALS WITH LIMITED ABILITIES TO UTILIZE A FUN, LOW-IMPACT AND REFRESHING EXERCISE ENVIRONMENT. EXCEL WATER CLASSES ARE DESIGNED FOR PEOPLE WHO WANT TO GET A GOOD WORKOUT IN A LOW-IMPACT, AQUATIC ENVIRONMENT. DEEP WATER AND AQUA DANCE CLASSES ARE HELD IN UNM JOHNSON POOL. ENJOY EXERCISES THAT STRENGTHEN, TONE, IMPROVE CIRCULATION AND 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!