WINTER 2018

LANGUAGES

YOGA

- Yoga for Aging Gracefully: Jun 4–Jul 9, M 9:30–11:00AM, $105
- Yoga: Sunrise Practice: Jun 5–Jul 10, T 6:30–8:00AM, $85
- Mindful Yoga and Meditation: Jun 5–Jul 10, T 4:30–5:45PM, $85
- Yoga for Folks Over Fifty: Gentle Beginner: Jun 5–Jul 10, T 4:00–5:15PM, $85
- Yoga for Back Care: Jun 5–Jul 17, T 4:00–5:15PM, $105
- Kundalini Yoga and Ayurveda: Jun 5–Jul 10, T 8:15–9:30AM, $95
- Level 2–3 Yoga: Jun 5–Jul 24, T 6:00–7:00PM, $85
- Yoga Basics: Jun 6–Jul 11, W 11:15AM–12:30PM, $85
- Yoga for Lunch: Jun 6–Jul 18, W 12:00–1:00PM, $85
- De-Stress Yoga: Jun 7–Jul 12, Th 4:15–5:30PM, $85
- Yoga: Gentle Level One: Jun 7–Jul 12, Th 11:15AM–12:15PM, $55
- Yoga for Folks Over Fifty: Intermediate: Jun 7–Jul 12, Th 4:00–5:15PM, $95
- Restorative Yoga and Meditation: Jun 8–Jul 13, F 4:30–6:00PM, $95
- Prenatal Yoga: Jun 8–Jul 13, F 12:00–1:00PM, $95
- Yoga Basics: Level 1: Jun 9–Jul 14, Sa 9:00–10:30AM, $85
- Level 2–3 Yoga: Jun 9–Jul 28, Sa 9:00–10:30AM, $85
- Yoga Basics: Level 1: Jun 10–Jul 15, Su 1:00–2:15PM, $95
- Yoga for the Rest of Us: Jul 9–Aug 27, M 12:00–1:00PM, $85
- Yoga for Aging Gracefully: Jul 16–Aug 20, M 9:30–11:00AM, $105
- Mindful Yoga and Meditation: Jul 17–Aug 21, T 4:30–5:45PM, $95
- Yoga Basics: Jul 18–Aug 22, W 11:15AM–12:30PM, $85
- De-Stress Yoga: Jul 19–Aug 23, Th 4:15–5:30PM, $85
- Yoga Basics: Jul 20–Aug 24, F 11:15AM–12:30PM, $85
- Restorative Yoga and Meditation: Jul 20–Sep 14, F 4:30–6:00PM, $95
- Prenatal Yoga: Jul 20–Aug 24, F 12:00–1:00PM, $95
- Yoga Basics: Jul 20–Aug 31, F 2:15–3:30PM, $80
- Yoga for Folks Over Fifty: Chair-Based: Jul 21–Aug 25, Sa 11:15AM–12:30PM, $95
- Family Yoga: Jul 22–Aug 26, Su 9:30–10:15AM, $85
- Yoga Basics: Level 1: Jul 22–Aug 26, Su 1:00–2:15PM, $95
- Yoga for Lunch: Jul 23–Aug 27, M 12:00–1:00PM, $85
- Yoga: Sunrise Practice: Jul 24–Aug 28, T 6:30–8:00AM, $85
- Yoga for Folks Over Fifty: Gentle Beginner: Jul 24–Aug 28, T 4:00–5:15PM, $85
- Kundalini Yoga and Ayurveda: Jul 24–Aug 28, T 8:15–9:30AM, $95
- Yoga for Lunch: Jul 25–Aug 29, W 12:00–1:00PM, $85
- Yoga: Gentle Level One: Jul 26–Aug 30, Th 11:15AM–12:45PM, $55
- Yoga for Folks Over Fifty: Intermediate: Jul 26–Aug 30, Th 4:00–5:15PM, $95
- Level 2–3 Yoga: Aug 7–Sep 25, T 6:00–7:00PM, $85
- Level 2–3 Yoga: Aug 11–Sep 29, Sa 9:00–10:30AM, $85
- Yoga: Defeating Diabetes: Aug 12 Su 2:30–5:30PM, $65

SUMMER 2018

FITNESS CLASSES

FOR MORE INFORMATION:
Contact Marie McGhee, Program Supervisor at mmcghee@unm.edu or 505–277–6320.
For course descriptions and more detailed course information please visit our website at ce.unm.edu
FITNESS CLASSES

DANCE & DANCE FITNESS
The Nia Technique
Jun 11–Aug 13 M 5:30–6:30PM $105
Ballet Fundamentals
Jun 12–Jul 24 T 6:30–8:00PM $100
Hip-Hop Dance
Jun 14–Aug 2 Th 6:30–8:00PM $100

OUTDOOR RECREATION
Kayaking: An Introduction
Jun 10 Su 9:00AM–7:00PM $195
Golf I
Jun 14–Jul 26 Th 4:30–6:30PM $130
Golf I
Jun 16–Jul 28 Sa 1:00–3:00PM $130
Golf I
Jun 16–Jul 28 Sa 1:00–3:00PM $130
Golf II
Jun 16–Jul 28 Sa 11:00AM–1:00PM $130
Golf II
Jun 16–Jul 28 Sa 11:00AM–1:00PM $130
Golf Fit
Jul 10–Aug 7 T 6:00–7:30PM $90
Kayaking: An Introduction
Jul 21 Sa 9:00AM–7:00PM $195
Kayaking: An Introduction
Aug 12 Su 9:00AM–7:00PM $195

PILATES
Pilates: Equipment Class
Jun 4–Jul 23 M 2:00–3:30PM $300
Pilates: Reformer
Jun 5–Aug 7 T 6:30–8:00PM $325
Pilates: Reformer
Jun 7–Aug 9 Th 6:30–8:00PM $325
Pilates: Reformer
Jun 8–Aug 10 F 5:30–7:00PM $325
Pilates: Reformer
Jun 10–Aug 12 Su 12:15–1:45PM $325
Yoga: Headaches No More
Jun 10 Su 2:30–5:30PM $59
Pilates: Equipment Class
Jul 11–Aug 29 W 2:00–3:30PM $300
Yoga: Insomnia No More
Aug 25 Sa 2:30–5:30PM $59

STRENGTH & CARDIO
RelaXercise: Stretch, Strength & Total Fitness
Jun 5–26 T 6:00–7:00PM $85
Kickboxing: Train Like A Fighter
Jul 10–Aug 28 T 6:00–7:00PM $110
RelaXercise: Stretch, Strength & Total Fitness
Jul 10–31 T 6:00–7:00PM $85
Boxing Bootcamp
Jul 12–Aug 30 Th 6:00–7:00PM $110

SWIMMING
Swimming: Parent/Child (ages 6 months–3 years)
Jun 16–Jul 21 Sa 8:00–8:30AM $95
Swimming: Parent/Child (ages 6 months–3 years)
Jun 16–Jul 21 Sa 8:30–9:00AM $95
Swimming: Parent/Child (ages 3–7 years)
Jun 16–Jul 21 Sa 9:00–9:30AM $95
Swimming: Parent/Child (ages 3–7 years)
Jun 16–Jul 21 Sa 9:30–10:00AM $95
Swimming for Children & Experienced Beginners (ages 6–10 years)
Jun 16–Jul 21 Sa 10:00–10:30AM $95

UNM STAFF, FACULTY & RETIREES:
USE YOUR TUITION REMISSION: Fees for up to 3 credit hours ($918.42) per calendar year may be applied to Health & Fitness and Personal Enrichment courses.
Questions about this benefit? Visit us online at http://ce.unm.edu/registration/tuition-remission.html or call the benefits office at 505–277–MyHR.

To register, send completed forms for registration & tuition remission to ceregistration@unm.edu or come by our registration office, located at 1634 University Blvd. NE (just north of Indian School).

DISCOUNTS AVAILABLE:
Enroll for 3 or more classes at one time and receive a 10% discount.

FOR MORE INFORMATION:
Contact Marie McGhee, Program Supervisor at mmcghee@unm.edu or 505–277–6320.
For course descriptions and more detailed course information please visit our website at ce.unm.edu