

HEALTH & FITNESS

6 Easy Ways to Register



ONLINE

ce.unm.edu



EMAIL

ceregistration@unm.edu



PHONE

505-277-0077 Option 1
M-F, 8:00am-5:00pm
Most credit cards accepted.



MAIL

UNM Continuing Education
Attn: Registration
MSC07 4030
1 University of New Mexico
Albuquerque, NM 87131-0001



FAX

505-277-1990
Fax/Mail instructions:
see website.



IN PERSON

M-F, 8:00am-5:00pm
UNM Continuing Education
1634 University Blvd. NE
South Building, Room 101
(just north of Indian School)

Open the door to better health! Classes are available for all levels. Get moving and get fit in fun group classes like Dance Fitness, Strength & Cardio and Salsaerobics. Our expert instructors guide participants in advancing their fitness goals.

Classes that Fit Your Schedule!

Like all of our classes, the schedules are convenient and the classes are affordable. Try something new without a long-term commitment.

HEALTH & FITNESS CLASSES

DANCE

Country Two-Step and Swing	Jan 18-Feb 22	Th	7:00PM-8:00PM	\$65
Hollywood Swing	Jan 20-Feb 24	Sa	4:00PM-5:00PM	\$65
Art of Disco	Jan 21-Feb 25	Su	3:00PM-4:00PM	\$65
Ballroom Dance	Jan 21-Feb 25	Su	4:00PM-5:00PM	\$65
L.A. Style Salsa	Jan 22-Feb 26	M	7:00PM-8:00PM	\$65
Tango Tuesdays: Nuevo Tango	Jan 23-Feb 27	T	7:00PM-8:00PM	\$65
Ballet Fundamentals	Jan 24-Mar 14	W	6:30PM-8:00PM	\$100
Hip-Hop Dance	Jan 25-Mar 15	Th	6:30PM-8:00PM	\$100
Country Western Dance	Feb 22-Mar 29	Th	7:00PM-8:45PM	\$45

DANCE FITNESS

Salsaerobics	Jan 22-Mar 14	MW	5:30PM-6:30PM	\$95
The Nia Technique	Jan 22-Mar 19	M	5:30PM-6:30PM	\$105
Salsaerobics	Jan 23-Mar 15	TTh	5:30PM-6:30PM	\$95
Salsaerobics	Jan 27-May 12	Sa	9:00AM-10:00AM	\$95
Salsaerobics	Mar 19-May 9	MW	5:30PM-6:30PM	\$95
Salsaerobics	Mar 20-May 10	TTh	5:30PM-6:30PM	\$95

OUTDOOR RECREATION

Cross Country Skiing: Basic Touring	Jan 16-Feb 3	T&Sa	7:00PM-9:00PM & 10:00AM-4:00PM	\$120
Bicycle Repair: Park Tool Mechanic 101	Jan 17-31	W	5:00PM-9:00PM	\$95
Flyfishing Basics	Feb 17-Mar 10	Sa	9:00AM-12:00PM	\$75

PILATES

Pilates: Equipment Class	Jan 16-Mar 6	T	2:00PM-3:30PM	\$300
Pilates: Equipment Class	Jan 18-Mar 8	Th	2:00PM-3:30PM	\$300
Pilates: Reformer	Feb 26-Apr 30	M	12:15PM-1:45PM	\$325
Pilates: Reformer	Feb 28-May 2	W	6:30PM-8:00PM	\$325
Pilates: Equipment Class	Mar 13-May 8	T	2:00PM-3:30PM	\$300
Pilates: Equipment Class	Mar 15-May 10	Th	2:00PM-3:30PM	\$300
Pilates: Reformer	Mar 2-May 4	F	6:30PM-8:00PM	\$325
Pilates: Reformer	Mar 3-May 5	Sa	5:30PM-7:00PM	\$325

➤ CLASSES CONTINUED ON THE NEXT PAGE

NM
UNIVERSITY OF NEW MEXICO

**CONTINUING
EDUCATION**

ce.unm.edu

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

HEALTH & FITNESS

HEALTH & FITNESS CLASSES (CONTINUED)

SWIMMING

Swimming: Parent/Child (ages 6 Mths-3yrs)	Feb 3-Mar 3	Sa	8:00AM-8:30AM	\$95
Swimming: Parent/Child (ages 6 Mths-3yrs)	Feb 3-Mar 3	Sa	8:30AM-9:00AM	\$95
Swimming: Parent/Child (ages 3-7yrs)	Feb 3-Mar 3	Sa	9:00AM-9:30AM	\$95
Swimming: Parent/Child (ages 3-7 years)	Feb 3-Mar 3	Sa	9:30AM-10:00AM	\$95
Swimming for Children/Experienced Beginners (ages 6-10 years)	Feb 3-Mar 3	Sa	10:00AM-10:30AM	\$95

STRENGTH & CARDIO

Kickboxing: Train Like A Fighter	Jan 16-Mar 20	T	6:00PM-7:00PM	\$110
Boxing Bootcamp	Jan 18-Mar 22	Th	6:00PM-7:00PM	\$110
Fun and Fitness for the Rest of Us	Jan 22-Feb 12	M	6:00PM-7:00PM	\$85
Fun and Fitness for the Rest of Us	Jan 23-Feb 13	T	10:00AM-11:00AM	\$85
Fun and Fitness for the Rest of Us	Jan 27-Feb 17	Sa	10:00AM-11:00AM	\$85
Fun and Fitness for the Rest of Us	Feb 26-Mar 19	M	6:00PM-7:00PM	\$85
Fun and Fitness for the Rest of Us	Feb 27-Mar 20	T	10:00AM-11:00AM	\$85
Fun and Fitness for the Rest of Us	Mar 3-24	Sa	10:00AM-11:00AM	\$85

YOGA

Mindful Yoga and Meditation	Jan 16-Feb 13	T	4:30PM-5:45PM	\$95
Kundalini Yoga and Ayurveda	Jan 16-Mar 20	T	8:15AM-9:30AM	\$95
Yoga: Sunrise Practice	Jan 16-Mar 6	T	6:30AM-8:00AM	\$85
Yoga for Folks Over Fifty: Gentle Beginner	Jan 16-Mar 6	T	4:00PM-5:15PM	\$85
Yoga for Aging Gracefully	Jan 17-Mar 7	W	6:00PM-7:30PM	\$105
Yoga Basics	Jan 17-Mar 7	W	11:15AM-12:30PM	\$85
Yoga for Lunch	Jan 17-Mar 7	W	12:00PM-1:00PM	\$85
De-Stress Yoga	Jan 18-Mar 22	Th	4:15PM-5:30PM	\$85
Yoga: Gentle Level One	Jan 18-Mar 8	Th	11:15AM-12:45PM	\$55
Yoga for Folks Over Fifty: Intermediate	Jan 18-Mar 8	Th	4:00PM-5:15PM	\$125
Restorative Yoga and Meditation	Jan 19-Mar 16	F	4:30PM-6:00PM	\$95
Yoga for Folks Over Fifty: Chair-Based	Jan 19-Mar 9	F	2:15PM-3:30PM	\$80
Yoga Basics	Jan 19-Mar 9	F	11:15AM-12:30PM	\$85
Yoga Basics: Level 1	Jan 20-Mar 10	Sa	11:15AM-12:30PM	\$95
Yoga: Restore and Renew	Jan 20-Mar 24	Sa	12:45PM-2:15PM	\$105
Prenatal Yoga	Jan 20-Mar 24	Sa	10:45AM-12:15PM	\$95
Family Yoga	Jan 21-Mar 11	Su	9:30AM-10:15AM	\$85
Yoga Basics: Level 1	Jan 21-Mar 11	Su	1:00PM-2:15PM	\$95
Yoga for the Rest of Us	Jan 22-Mar 12	M	12:00PM-1:00PM	\$85
Yoga for Aging Gracefully	Jan 22-Mar 12	M	9:30AM-11:00AM	\$105
Yoga for Folks Over Fifty: Intermediate	Jan 22-Mar 12	M	2:15PM-3:30PM	\$125
Yoga for Back Care	Jan 22-Mar 12	M	4:00PM-5:15PM	\$105
Morning Cup o'Yoga	Jan 22-Mar 12	M	7:00AM-8:00AM	\$95
Yoga for Lunch	Jan 22-Mar 19	M	12:00PM-1:00PM	\$85
Level 2-3 Yoga	Jan 23-Mar 13	T	6:00PM-7:00PM	\$85
Level 2-3 Yoga	Jan 27-Mar 17	Sa	9:00AM-10:30AM	\$85
Yoga: Restore and Renew	Jan 28-Mar 18	Su	11:15AM-12:45PM	\$105
Mindful Yoga and Meditation	Feb 20-Mar 20	T	4:30PM-5:45PM	\$95
S.E.E.D. Meditation: Introduction	Feb 8-Mar 8	Th	6:00PM-7:00PM	\$45
Yoga for Aging Gracefully	Mar 14-May 2	W	6:00PM-7:30PM	\$105
Yoga for the Rest of Us	Mar 19-May 7	M	12:00PM-1:00PM	\$85

FOR MORE INFORMATION:

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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.



CONTINUING EDUCATION

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