

FITNESS CLASSES

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)

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	\$95
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-12:45PM	\$55
Yoga for Folks Over Fifty: Intermediate	Jun 7-Jul 12	Th	4:00-5:15PM	\$95
Yoga Basics	Jun 8-Jul 13	F	11:15AM-12:30PM	\$85
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	11:15AM-12:30PM	\$95
Level 2-3 Yoga	Jun 9-Jul 28	Sa	9:00-10:30AM	\$85
Family Yoga	Jun 10-Jul 15	Su	9:30-10:15AM	\$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 for Folks Over Fifty: Chair-Based	Jul 20-Aug 31	F	2:15-3:30PM	\$80
Yoga Basics: Level 1	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

➤ CLASSES CONTINUED ON THE NEXT PAGE

CONTINUING EDUCATION

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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 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

FOR MORE INFORMATION:

Contact Marie McGhee, Program Supervisor at mmcghee@unm.edu or 505-277-6320.

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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.



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