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
Tango Tuesdays: Nuevo Tango Sep 5-Oct 10 T 7:00PM-8:00PM $65
Country Two-Step and Swing Sep 7-Oct 12 Th 7:00PM-8:00PM $65
Hollywood Swing Sep 9-Oct 14 Sa 7:00PM-8:00PM $65
Ballroom Dance Sep 10-Oct 15 Su 4:00PM-5:00PM $65
Art of Disco Sep 10-Oct 15 Su 3:00PM-4:00PM $65
L.A. Style Salsa Sep 11-Oct 16 M 7:00PM-8:00PM $65
Ballet Fundamentals Sep 13-Oct 25 W 6:30PM-8:00PM $95
Hip-Hop Dance Sep 14-Nov 2 Th 6:30PM-8:00PM $95
Country Western Dance Sep 28-Nov 2 Th 7:00PM-8:45PM $45
Flamenco for Beginners Oct 4-25 W 5:30PM-6:30PM $59
Flamenco Fusion Fitness Oct 10-31 T 5:30PM-6:30PM $59

DANCE FITNESS
Salsaerobics Aug 28-Oct 18 MW 5:30PM-6:30PM $95
Salsaerobics Aug 29-Oct 19 TTh 5:30PM-6:30PM $95
The Nia Technique Sep 18-Nov 20 M 5:30PM-6:30PM $105
Salsaerobics Sep 30-Jan 20 Sa 9:00AM-10:00AM $95
Curvy Yoga Oct 12-Nov 9 Th 6:00PM-7:30PM $85
Salsaerobics Oct 23-Dec 13 MW 5:30PM-6:30PM $95
Salsaerobics Oct 24-Dec 14 TTh 5:30PM-6:30PM $95

OUTDOOR RECREATION
Tennis: Intermediate Sep 9-Oct 28 Sa 10:00AM-12:00PM $95
Golf I Sep 14-Oct 19 Th 4:30PM-6:30PM $130
Golf I Sep 16-Oct 21 Sa 1:00PM-3:00PM $130
Golf II Sep 16-Oct 21 Sa 11:00AM-1:00PM $130
Golf Fit Sep 19-Oct 17 T 6:00PM-7:30PM $90
Kayaking: An Introduction Sep 23 Sa 8:00AM-7:00PM $195
Balloon Fiesta Kayak Tour Oct 10 T 6:00AM-11:00AM $125

PILATES
Pilates: Equipment Class Aug 28-Oct 16 M 2:00PM-3:30PM $300
Pilates: Equipment Class Aug 30-Oct 18 W 2:00PM-3:30PM $300
Pilates: Beginner Sep 24-Nov 26 Su 12:15PM-1:45PM $325
Pilates: Beginner Sep 26-Nov 28 T 6:30PM-8:00PM $325
Pilates: Beginner Sep 28-Dec 7 Th 6:30PM-8:00PM $325
Pilates: Beginner Sep 29-Dec 8 F 5:00PM-6:30PM $325
Pilates: Equipment Class Oct 23-Dec 11 M 2:00PM-3:30PM $300
Pilates: Equipment Class Oct 25-Dec 13 W 2:00PM-3:30PM $300

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 mo-3 yr) Sep 9-Oct 7 Sa 8:00AM-8:30AM $95
- Swimming: Parent/Child (ages 6 mo-3 yr) Sep 9-Oct 7 Sa 8:30AM-9:00AM $95
- Swimming: Parent/Child (ages 3-7 years) Sep 9-Oct 7 Sa 9:00AM-9:30AM $95
- Swimming: Parent/Child (ages 3-7 years) Sep 9-Oct 7 Sa 9:30AM-10:00AM $95
- Swimming for Children/Experienced Beginners (ages 6-10 years) Sep 9-Oct 7 Sa 10:00AM-10:30AM $95

STRENGTH & CARDIO

Functionally Fit Oct 24-Nov 7 T 6:00PM-7:30PM $65

YOGA

Yoga for Lunch Sep 6-Oct 18 W 12:00PM-1:00PM $85
Yoga for Aging Gracefully Sep 6-Oct 18 W 6:00PM-7:30PM $105
Mom and Baby Yoga Sep 6-Oct 25 W 10:30AM-11:30AM $95
Curvy Yoga Sep 7-Oct 5 Th 6:00PM-7:30PM $85
De-Stress Yoga Sep 7-Oct 12 Th 4:15PM-5:30PM $85
Yoga: Gentle Level One Sep 7-Oct 12 Th 11:15AM-12:45PM $55
Yoga for Folks Over Fifty: Intermediate Sep 7-Oct 12 Th 4:00PM-5:30PM $125
Restorative Yoga and Meditation Sep 8-Oct 20 F 4:30PM-6:00PM $95
Mom and Baby Yoga Sep 8-Oct 27 F 10:30AM-11:30AM $95
Yoga for Folks Over Fifty: Chair-Based Sep 8-Oct 27 F 2:15PM-3:30PM $80
Yoga: Restore and Renew Sep 9-Oct 21 Sa 12:45PM-2:15PM $105
Yoga Basics: Level 1 Sep 9-Oct 21 Sa 11:15AM-12:30PM $95
Prenatal Yoga Sep 9-Oct 21 Sa 10:45AM-12:15PM $95
Level 2-3 Yoga Sep 9-Oct 21 Sa 9:00AM-10:30AM $85
Yoga: Restore and Renew Sep 10-Oct 22 Su 11:15AM-12:45PM $105
Family Yoga Sep 10-Oct 29 Su 9:30AM-10:15AM $85
Yoga Basics: Level 1 Sep 10-Oct 22 Su 1:00PM-2:15PM $95
Morning Cup o’Yoga Sep 11-Oct 30 M 7:00AM-8:00AM $95
Yoga Relaxation for the Mind Sep 11-Oct 30 M 7:30PM-8:30PM $95
Yoga for the Rest of Us Sep 11-Oct 30 M 12:00PM-1:00PM $85
Yoga for Folks Over Fifty: Intermediate Sep 11-Oct 16 M 2:15PM-3:30PM $125
Yoga for Back Care Sep 11-Oct 30 M 4:00PM-5:15PM $105
Yoga for Lunch Sep 11-Oct 23 M 12:00PM-1:00PM $85
Yoga for Aging Gracefully Sep 11-Oct 23 M 9:30AM-11:00AM $105
Yoga: Harmony in Body and Mind (Iyengar style) Oct 20-Oct 25 W 5:30PM-7:00PM $95
Aloha Yoga Oct 4-25 W 4:00PM-5:15PM $75
Yoga for Your Uterus + Fertility Awareness Method Oct 7-Dec 16 Sa 2:45PM-4:15PM $110
Yoga: Defeating Diabetes Oct 8 Su 2:30PM-5:30PM $65
Mindful Yoga and Meditation Oct 17-Nov 21 T 4:30PM-5:45PM $95
De-Stress Yoga Oct 19-Nov 30 Th 4:15PM-5:30PM $85
Yoga for Lunch Oct 25-Dec 13 W 12:00PM-1:00PM $85
Restorative Yoga and Meditation Oct 27-Dec 15 F 4:30PM-6:00PM $95
Yoga: Restore and Renew Oct 28-Dec 16 Sa 12:45PM-2:15PM $105
Prenatal Yoga Oct 28-Dec 16 Sa 10:45AM-12:15PM $95
Level 2-3 Yoga Oct 28-Dec 16 Sa 9:00AM-10:30AM $85
Yoga: Restore and Renew Oct 29-Dec 10 Su 11:15AM-12:45PM $105
Yoga Basics: Level 1 Oct 29-Dec 10 Su 1:00PM-2:15PM $95
Yoga for Lunch Oct 30-Dec 11 M 12:00PM-1:00PM $85
Yoga for Aging Gracefully Oct 30-Dec 11 M 9:30AM-11:00AM $105
Prenatal Yoga Oct 31-Dec 12 T 6:00PM-7:30PM $95
Yoga Basics Nov 1-Dec 13 W 11:15AM-12:15PM $85
Aloha Yoga Nov 1-2 W 4:00PM-5:15PM $75
Yoga: Harmony in Body and Mind (Iyengar style) Nov 1-Dec 6 W 5:30PM-7:00PM $95
Yoga for Aging Gracefully Nov 1-Dec 13 W 6:00PM-7:30PM $105
Yoga: Gentle Level One Nov 2-Dec 14 Th 11:15AM-12:45PM $55
Yoga for Folks Over Fifty: Intermediate Nov 2-Dec 14 Th 4:00PM-5:15PM $125
Yoga for Folks Over Fifty: Chair-Based Nov 3-Dec 15 F 2:15PM-3:30PM $80
Yoga Basics: Level 1 Nov 4-Dec 9 Sa 11:15AM-12:30PM $95
Family Yoga Nov 5-Dec 10 Su 9:30AM-10:15AM $85
Yoga for Folks Over Fifty: Intermediate Nov 6-Dec 11 M 2:15PM-3:30PM $125
Yoga: Sunrise Practice Nov 7-Dec 12 T 6:30AM-8:00AM $85
Yoga for Folks Over Fifty: Gentle Beginner Nov 7-Dec 12 T 4:00PM-5:15PM $85

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

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).