



UNM-VALENCIA WELLNESS CENTER FALL SEMESTER OPERATING HOURS

Week of August 17, 2026

**Monday - Thursday
8:00 A.M. – 5:00 P.M.**

**Friday
8:00 A.M. – 1:00 P.M.**

Week of August 24, 2026

**Monday - Thursday
8:00 A.M. – 5:00 P.M.**

**Friday
8:00 A.M. – 1:00 P.M.**

Center operating hours may be subject to change.

***Good and honest communication increases understanding and
reduces Stress, a Dimension of Wellness.***

***Remember that during a selected cardiovascular fitness program, it is
important to exercise at an intensity level that will elevate and
maintain the heart rate in the target heart rate zone. For more
information, please see a wellness center staff member.***