



UNM-VALENCIA WELLNESS CENTER SEPTEMBER 2026

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

Friday
8:00 A.M. – 1:00 P.M.

Closed, Monday, September 7, Labor Day.

Center operating hours may be subject to change.

**Improper exercise technique is a reason gymgoers
struggle to make lasting changes to their bodies.**

**What if you made every rep of every set more
effective?**

**Stop inside and learn to use five simple exercises to
learn what areas of your body need strengthening.**