



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS

JANUARY 5 – 16, 2026

**MONDAY – THURSDAY
8 A.M. – 4 P.M.**

**FRIDAY
8 A.M. – 12 P.M.**

JANUARY 20 – 30, 2026

**MONDAY – THURSDAY
8 A.M. – 5:30 P.M.**

**FRIDAY
8 A.M. – 1 P.M.**

**The center will be closed in observance of
Martin Luther King Jr. Day, Monday, January 19.**

**For information on Spring 2026 PHED courses, please view
the class schedule link at the UNM- Valencia campus
website, or call 925.8830. Classes begin,
Tuesday, January 20.**

***The best fitness and wellness programs accommodate each
individual's lifestyle. The choices we make influence our
state of health and well-being.***