

April 2016 Tamaya Wellness Center Activities Calendar

Classes/activities will be held at the Tamaya Wellness Center.
If questions call (505) 771-6370.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Senior Walk Group-9-10am Spinning-5-6pm	2
3 H2O Aerobics-1-2pm ZUMBA- 5-6pm	4 Yoga-9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	5 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	6 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	7 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	8 Senior Walk Group-9-10am Spinning-5-6pm	9
10 H2O Aerobics-1-2pm ZUMBA- 5-6pm	11 Yoga-9-10am H2O Aerobics-10-11am ZUMBA-6-7pm Cooking Class- 5:30-8pm *limited to 10	12 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Senior Walk Group-9-10am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	13 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	14 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	15 Senior Walk Group-9-10am Spinning-5-6pm	16
17 H2O Aerobics-1-2pm ZUMBA- 5-6pm	18 Yoga-9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	19 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am DM Support Group-1-3pm Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	20 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am Million Heart Program-1-2pm & 5-6pm ZUMBA-6-7pm	21 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	22 Senior Walk Group-9-10am Spinning-5-6pm	23
24 H2O Aerobics-1-2pm ZUMBA- 5-6pm	25 Yoga-9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	26 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	27 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	28 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	29 Senior Walk Group-9-10am Spinning-5-6pm	30

"THE BODY ACHIEVES WHAT THE MIND BELIEVES"

Class Descriptions

Boot Camp	This class combines both cardio and strength training for a full body workout using the Bosu, medicine balls, and weights. An excellent way to improve muscular strength, endurance, and power. All levels welcome. (Instructor: Isaac Leon)
H2O Aerobics	Exercise in the Pool! A No-Impact Workout to improve flexibility, balance, strength, cardiovascular and stress relief. (Instructor: Tamaya Wellness Center Lifeguards)
Aging Well Workouts	Designed for seniors... This class is a perfect opportunity to work at your own pace to maintain bone density and improve flexibility. Classes will include line dancing, chair exercise, balance training, cardio circuit, and aerobic dance. All levels welcome. (Instructor: Dubra Karnes-Padilla)
Senior Fitness	Dubra Karnes-Padilla will provide assistance with cardio and weight machines on the 2nd floor exercise area.
Spinning	Jump on one of our bikes and start pedaling... These classes provide an intense cardio workout while still catering to participants of all fitness levels. All levels welcome. (Instructor: Marcus Blackwell)
Yoga	Yoga is a practice that will help transform both your mind and body ultimately helping you become more flexible, enhance your balance and stability, and leave you feeling stronger and more centered. Great for reducing stress and calming your mind. (Instructor: Jennifer Harris)
ZUMBA	Ditch the workout.. Join the party! Zumba combines high energy and motivating music with moves and combinations that allow you to dance away your worries. (Instructor: Kendra Kee/Amber Sanchez)
Diabetes Support Group	Monthly support group meeting to provide encouragement, comfort, advice and educate people with diabetes. (Sponsored by Tamaya Wellness Program)
Million Hearts Program	Class to learn about the risks of heart disease and strokes. (Sponsored by Tamaya Wellness Program)
Cooking Class	Learn tips to stretch your dollar by shopping for sale items, creating menus, cooking food and freezing some for later. What to do with a tough cut of meat? Come to class and see what you can save and create! CLASS LIMIT 10. PLEASE CONTACT JOANNA TO SIGN UP 771-6763 (Instructor: Jan Laird) Sponsored by Tamaya Wellness Program

