Tamaya Wellness Program JULY 2016

Classes/activities will be held at the Tamaya Wellness Center. If questions, call JoAnna @ 771-6763

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pueblo Crossroads Jemez: 7/6 Registation 5:30 pm, Start 6:30 pm Walatowa Youth Center San Felipe:7/22 Registration 5:30pm, Start 6pm SF Casino Race Track					1 9am Senior Walking & Chair Volleyball 10 am H20 Aerobics 5pm Spinning	2 9am Zumba Gold
3 10am Zumba 1 pm H20 Aerobics	4 9am Yoga 10am Zumba 10 am H20 Aerobics	5 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	6 9:30am Aging Well 10 am H20 Aerobics 5:00 pm Kickboxing Jemez Crossroads 6pm Zumba	7 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H20 Aerobics 6:30pm Boot Camp	8 9am Senior Walking & Chair Volleyball 10 am H20 Aerobics 5pm Spinning	9 9am Zumba Gold
10 1 pm H20 Aerobics 5pm Zumba	11 9am Yoga 10 am H20 Aerobics 5:30 pm Nutrition Presentation 6pm Zumba	12 9:30am Aging Well 12pm Power Hour 1:30 pm DM Support Group 5:15pm Yoga 6:30pm Boot Camp	13 9:30am Aging Well 10 am H20 Aerobics 5:00 pm Kickboxing 6pm Zumba	14 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H20 Aerobics 6:30pm Boot Camp	15 9am Senior Walking & Chair Volleyball 10 am H20 Aerobics 5pm Spinning	16 9am Zumba Gold
17 1 pm H20 Aerobics 5pm Zumba	18 9am Yoga 10 am H20 Aerobics 5:30 Nutriton Presentation 6pm Zumba	19 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	20 9:30am Aging Well 10 am H20 Aerobics 5:00 pm Kickboxing 6pm Zumba	21 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H20 Aerobics 6:30pm Boot Camp	22 9am Senior Walking & Chair Volleyball 10 am H20 Aerobics San Felipe Crossroads 5pm Spinning	23 9am Zumba Gold
24 1 pm H20 Aerobics No Zumba	25 NO CLASSES	26 NO CLASSES	27 No Aging Well 10 am H20 Aerobics 5:00 pm Kickboxing 6pm Zumba	28 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H20 Aerobics 6:30pm Boot Camp	29 9am Senior Walking & Chair Volleyball 10 am H20 Aerobics 5pm Spinning	30 9am Zumba Gold
31 1 pm H20 Aerobics 5pm Zumba						

Class Descriptions

Aging Well	Designed for seniors...this class is a perfect opportunity to work at your own pace to maintain bone density and improve flexibility. Incorporates chair exercise and balance training. (Instructor: Dubra Karnes-Padilla)
Boot Camp	Combines 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/Lance Ami)
Diabetes Support	Monthly support group meeting to provide encouragement, comfort, advice and educate people with diabetes. (Wellness Program staff: Kathryn Herrera)
H2O Aerobics	Exercise in the pool...A low-impact workout to improve flexibility, balance, strength, cardiovascular and stress relief.
Kickboxing	Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you! (Instructor: Marcus Blackwell)
Nutrition Presentation	Join us for a Quick 20 minute presentation! Conference Room #120 Easy, Healthy Ingredient Swaps: 7/11 @ 5:30 pm; Oils and Solid Fats 7/18 @ 5:30 pm
Power Hour	Join us for 15 min. of core conditioning to strengthen the back and torso muscles followed by a quick 30 minute moderate to high intensity circuit! A fast, & effective way to lose excess body weight & fat. Modifications available for all levels. (Instructor: Lance Ami)
Spinning	Jump on a bike and start pedaling…this class provides a great cardio workout while still catering to participants of all fitness levels. (Instructor: Marcus Blackwell)
Toning for Women	A non-intimidating 30 minute class, have fun with different exercises using resistance bands, body weight, light dumbbells, and more! (Instructor: Lance Ami)
Yoga	Yoga can help transform your mind and body and is great for reducing stress. Become more flexible, enhance your balance and stability, and leave you body feeling relaxed and more centered. (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 trouble zones. (Instructor: Kendra Kee/Carmen Morin)
Zumba Gold	Beginner? You can still join the party! Zumba Gold is for beginners, intermediate and baby boomers, slower paced 45-minute class. (Instructor: Carmen Morin)

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