MARCH 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 Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	2 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	3 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	4 Senior Walk Group-9-10am Spinning-5-6pm	5 Zumba Gold-9-10am
6 H2O Aerobics-1-2pm ZUMBA- 5-6pm	7 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	8 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	9 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	10 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	11 Senior Walk Group-9-10am Spinning-5-6pm	12 Zumba Gold-9-10am
13 H2O Aerobics-1-2pm ZUMBA- 5-6pm	14 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	15 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	16 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm Million Heart Program-1:30pm & 5:30pm	17 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm Tamaya Wellness Program Open House-6-7:30pm St. Patricks Day	18 Senior Walk Group-9-10am Spinning-5-6pm	19
20 H2O Aerobics-1-2pm ZUMBA- 5-6pm	21 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	22 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	23 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	24 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	25 Senior Walk Group-9-10am Spinning-5-6pm	26
27 H2O Aerobics-1-2pm NO ZUMBA Easter Sunday	28 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	29 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm BootCamp-6:30-7:30pm	30 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	31 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm		

Class descriptions on back of page.

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)
Zumba Gold	Zumba Gold is a slower paced 45-minute class for beginners, intermediate and baby boomers. (Instructor: Carmen Morin)