

Tamaya Wellness Program

September 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 Santo Domingo: 9/3 Registration 7am, Start 7:30am North of SD Church Laguna: 9/17 Registration 8:30am, Start 9:30am Laguna Middle School				1 12pm Power Hour 5:30pm H2O Aerobics 6:00pm Step & Sculpt	2 9am Senior Walking & Sit & Be Fit 10 am H2O Aerobics	3 Santo Domingo Crossroads
4 10am Zumba 1pm H2O Aerobics	5 TWC Holiday Hours 8am-2pm 10am Zumba 10am H2O Aerobics	6 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	7 9:30am Aging Well 10am H2O Aerobics 6pm Zumba	8 12pm Power Hour 5:30pm H2O Aerobics 6:00pm Cardio Blast	9 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics	10
11 10am Zumba 1pm H2O Aerobics	12 10am H2O Aerobics 6pm Zumba	13 9:30am Aging Well 12pm Power Spin 5:15pm Yoga 6:30pm Boot Camp	14 9:30am Aging Well 10am H2O Aerobics 6pm Zumba	15 12pm Power Hour 5:30pm H2O Aerobics 5pm Healthy Heart Symposium 6:00pm Step & Sculpt	16 9am Senior Walking & Sit & Be Fit 10 am H2O Aerobics	17 Laguna Crossroads
18 10am Zumba 1pm H2O Aerobics	19 10am H2O Aerobics 6pm Zumba	20 9:30am Aging Well 12pm Power Hour 1:30 Diabetes Support Group 5:15pm Yoga 6:30pm Boot Camp	21 9:30am Aging Well 10am H2O Aerobics 6pm Zumba	22 12pm Power Hour 5:30pm H2O Aerobics 5-7pm Recreation Path Celebration No Cardio Blast	23 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics	24
25 10am Zumba 1pm H2O Aerobics	26 10am H2O Aerobics 6pm Zumba	27 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	28 9:30am Aging Well 10am H2O Aerobics 6pm Zumba	29 12pm Power Hour 5:30pm H2O Aerobics 6:00pm Step & Sculpt	30-Sep 9am Senior Walking & Sit & Be Fit 10 am H2O Aerobics	31-Sep

Class Descriptions

Aging Well	A perfect opportunity to work at your own pace to maintain bone density and improve flexibility. Incorporates chair exercise and balance training; perfect for older adults, seniors, or anyone new to exercise (Instructor: Dubra Karnes-Padilla)
Boot Camp	A fun combination of cardio, strength, balance, and agility exercises for a total body workout. An excellent way to improve strength, endurance, and quickness. All levels welcome! (Instructor: Isaac Leon)
Cardio Blast	Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you! We'll mix it up with outdoor jogging, power walking and help you take the thinking out of working out. (Instructor: Lance Ami)
Diabetes Support	Monthly support group to provide encouragement, comfort, advice and educate people about diabetes. TWC Conference Room #120 (Wellness Program staff: Kathryn Herrera)
H2O Aerobics	Exercise in the pool...A low-impact workout to improve flexibility, balance, strength, cardiovascular and stress relief.
Power Hour	Short on time? Join us for a quick 30-45 minute power workout incorporating spin, core exercises, strength, and cardio circuit. Modifications available for all levels. (Instructor: Lance Ami)
Step & Sculpt	A high-energy class that alternates between beginner and intermediate step routines with some muscle conditioning for a total body workout. (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)

