

CLASSES

Winter 2016

MON	TUE	WED	THUR	FRI	SAT
6:15am-7:15am Jim Turner Womens Boot Camp Pay Instructor	7:00am - 8:00 am Fukien Shaolin Tai Chi Daniel Persona \$5.00/Sr:\$3.00	6:15am-7:15am Jim Turner Womens Boot Camp Pay Instructor	7:00am - 8:00am Fukien Shaolin Tai Chi Daniel Persona \$5.00/Sr:\$3.00	6:15am-7:15am Jim Turner Womens Boot Camp Pay Instructor	8:15 - 9:30am Hatha Flow Yoga Mixed Level Edie Tsong \$5.00/Sr.\$3.00
8:00am - 9:00am Yoga Kristyn \$5.00/Sr:\$3.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	8:00am - 9:30am Yoga Edie Tsong \$5.00/Sr:\$3.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	8am - 9:30am Yoga Edie Tsong \$5.00/Sr:\$3.00	10:30am-11:30am Yoga Kristyn \$5.00/Sr.\$3.00
10:00am - 11:15am Low Impact Aerobics (Gym) Julie \$7.00	9:45 - 11:00am Gentle Yoga Patti \$5.00/Sr.\$3.00	10:00-11:15am Low Impact Aerobics (Gym) Julie \$7.00	9:45 - 11:00am Gentle Yoga Aaron Rhodes \$5.00/Sr.\$3.00	10am - 11am Zumba Judy Gallegos \$5.00/Sr.\$3.00	12:00pm - 1:00 pm White Dragon Kung Fu \$5.00/Sr:\$3.00
11:30am - 12:30pm Beginner Pilates Julie \$7.00		12:00pm - 1:00pm Fitness Bootcamp Anna Marie \$5.00/Sr.\$3.00 (temporary)	12:00pm - 1:00pm Body Sculpt Julie (Gym) \$7.00	11:00am - 12:00pm World Beat Cardio Jam Julie \$7.00	
12:30pm - 1:30pm Intermediate Pilates Julie \$7.00		1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00	1:00pm - 1:30pm Yoga Julie \$7.00	12:00pm - 1:00pm Intermediate Pilates Julie \$7.00	
1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00	12:00pm - 1:00pm Body Sculpt Julie (Gym) \$7.00	4:00pm - 5:20pm Modern Jazz Julie \$7.00		3:00pm - 5:00pm Table Tennis Open to all \$3.00	
3:00pm - 5:00pm Table Tennis Open to all \$3.00	1:00pm - 1:30pm Yoga Julie \$7.00	5:30pm - 6:30pm Multi-Level Pilates Julie \$7.00	5:30pm-6:30pm Gina and Jess Zumba <u>Pay Instructor</u> (temporary)	7:00pm - 8:00pm White Dragon Kung Fu \$5.00/Sr:\$3.00	
	5:30pm - 6:30pm Body Sculpt & Conditioning Geri \$5.00/Sr.\$3.00	7:00pm - 8:00pm White Dragon Kung Fu \$5.00/Sr:\$3.00			

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM SUNDAY –CLOSED
 CLASS MEMBERSHIPS: 10 CLASSES FOR \$45.00 / SR. \$25.00 EXCLUDES INSTRUCTOR PAID CLASSES!

Julie's Classes \$7.00 ea. or 10 classes for \$60.00

Ft Marcy Complex 490 Bishops Lodge Rd., Santa Fe, NM 87501 (505) 955-2500/2501