

CLASSES

Summer 2018

MON	TUE	WED	THUR	FRI	SAT
	7:00am - 8:00 am Fukien Shaolin Tai Chi Mark Thorson \$5.00/Sr:\$3.00		7:00am - 8:00am Fukien Shaolin Tai Chi Mark Thorson \$5.00/Sr:\$3.00		
8:00am - 9:00am Hatha Flow 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 Hatha Flow Yoga Kristyn \$5.00/Sr.\$3.00
	9am-11am Pickle Ball (GYM) \$3.00		9am-11am Pickle Ball (GYM) \$3.00	10am - 11am Judy's Dance Fitness Judy Gallegos \$5.00/Sr.\$3.00	
	9:45 - 11:00am Gentle Yoga Patti \$5.00/Sr.\$3.00		9:45 - 11:00am Gentle Yoga Aaron Rhodes \$5.00/Sr.\$3.00		12:00pm - 1:00 pm White Dragon Kung Fu \$5.00/Sr:\$3.00
		1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00			
1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00				3:00pm - 5:00pm Table Tennis Open to all \$3.00	
3:00pm - 5:00pm Table Tennis Open to all \$3.00				7:00pm - 8:00pm White Dragon Kung Fu \$5.00/Sr:\$3.00	
5:30pm-6:30pm Zumba Victoria Dalton \$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!
 Ft Marcy Complex 490 Bishops Lodge Rd., Santa Fe, NM 87501 (505) 955-2500/2501