

CLASSES

FALL / WINTER 2019

MON	TUE	WED	THUR	FRI	SAT
8:00am - 9:15am Power Vinyasa Yoga Elena \$5.00/Sr:\$3.00	7:00am - 8:00 am Fukien Shaolin Tai Chi Daniel \$5.00/Sr:\$3.00	8:15am - 9:45am Yoga Edie Tsong \$5.00/Sr:\$3.00	7:00am - 8:00am Fukien Shaolin Tai Chi Daniel \$5.00/Sr:\$3.00	8:15am - 9:45am Yoga Edie Tsong \$5.00/Sr:\$3.00	8:15 - 9:30am Yoga Marion \$5.00/Sr.\$3.00
10:00am-11:00am Low Impact Cardio Dance Julie \$7.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	9:45 - 11:00am Yoga for healthy Aging Patti \$5.00/Sr.\$3.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	10am - 11am Judy's Dance Fitness Judy Gallegos \$5.00/Sr.\$3.00	10:30am-11:45am Power Vinyasa Yoga Elena \$5.00/Sr.\$3.00
Basketball lunch drop-in 11:30am-1:00pm GYM \$3.00	8:30am-11:30am Pickle Ball GYM \$5.00	10:00am-11:00am Low Impact Cardio Dance Julie \$7.00	8:30am-11:30am Pickle Ball GYM \$5.00	World Beat Cardio Jam + Core 11:00am-12:45pm Julie \$7.00	1:00 - 2:00pm World Dance & Core Ursula Drabik \$5.00/Sr.\$3.00
11:45am-12:45pm Core & More Stephanie \$5.00/Sr. \$3.00	9:45 - 11:00am Yoga for Healthy Aging Patti \$5.00/Sr.\$3.00	Basketball lunch drop in 11:30am-1:00pm GYM \$3.00	9:45 - 11:00am Gentle Yoga Claire \$5.00/Sr.\$3.00	Basketball lunch drop-in 11:30am-1:00pm GYM \$3.00	<u>SUNDAY</u>
3:00pm - 5:00pm Table Tennis Open to all \$3.00	5:30 - 6:45pm Body Sculpt & Conditioning Debbi Widrick \$5.00/Sr.\$3.00		11:45am-12:45pm Core & More Stephanie \$5.00/Sr. \$3.00	12:00pm-12:45pm Core Julie \$7.00	1:30pm-2:30pm Zumba Ray \$5.00-Sr.\$3.00
5:30pm-6:30pm Zumba Victoria Dalton \$5.00 / Sr. \$3.00	12:00pm-1:00pm Body Strong Julie \$7.00	12:00pm-1:00pm Zumba Victoria Dalton \$5.00 / Sr:\$3.00	12:00pm-1:00pm Body Strong Julie \$7.00	3:00pm - 5:00pm Table Tennis Open to all \$3.00	
	1pm-1:30pm Yoga Julie \$7.00	4:00pm-5:15pm Modern Dance Technique Julie \$7.00	1:00pm-1:30pm Yoga Julie \$7.00		

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM (SUNDAY 9am-4pm Temporarily)
CLASS MEMBERSHIPS: 10 CLASSES FOR \$45.00 / SR. \$25.00 EXCLUDES JULIE’S & INSTRUCTOR PAID CLASSES!

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