

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

<b>Aging Well</b>	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)
<b>Boot Camp</b>	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)
<b>Cardio Blast</b>	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)
<b>Diabetes Support</b>	Monthly support group to provide encouragement, comfort, advice and educate people about diabetes. TWC Conference Room #120 (Wellness Program staff: Kathryn Herrera)
<b>H2O Aerobics</b>	Exercise in the pool...A low-impact workout to improve flexibility, balance, strength, cardiovascular and stress relief.
<b>Power Hour</b>	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)
<b>Step &amp; Sculpt</b>	A high-energy class that alternates between beginner and intermediate step routines with some muscle conditioning for a total body workout. (Instructor: Lance Ami)
<b>Yoga</b>	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)
<b>Zumba</b>	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)

