

Classes/activities held at the Wellness Center. For info, contact JoAnna @ 771-6763. (Note: all classes/dates/times are subject to change and/or cancellation at any time).

Tamaya Wellness Program October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY HALLOWEEN 		1 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	2 1215pm EMOM 1pm Seated Cardio 4pm Arm-Core-Abs PT by Appt 5-7pm	3 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	4 PT by Appt 10-12pm 1215pm EMOM	5
6	7 DM Clinic Ed 9-330pm 1215pm EMOM 1pm Seated Stretch 4pm Leg-Core-Abs 6pm Yoga	8 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	9 1215pm EMOM 1pm Seated Cardio 4pm Arm-Core-Abs PT by Appt 5-7pm	10 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	11 PT by Appt 10-12pm 1215pm EMOM	12
13	14	15 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	16 1215pm EMOM DM Support Group 1pm 4pm Arm-Core-Abs PT by Appt 5-7pm	17 930am Aging Well 1215pm HIIT NO PT Fall Festival 4-7pm No BootCamp	18 PT by Appt 10-12pm 1215pm EMOM	19 Picuris Crossroads Start: 10am 575-779-7847
20	21 DM Clinic Ed 9-330pm 1215pm EMOM 1pm Seated Cardio 4pm Leg-Core-Abs 6pm Yoga	22 930am Aging Well 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	23 1215pm EMOM 1pm Seated Strength 4pm Arm-Core-Abs PT by Appt 5-7pm	24 930am Aging Well 1215pm HIIT DM Clinic Ed 1-3:30pm PT by Appt 2-6pm 6pm BootCamp	25 PT by Appt 10-12pm 1215pm EMOM	26 Pojoaque Crossroads Start: 5pm 505-455-9355
27	28 1215pm EMOM 1pm Seated Stretch 4pm Leg-Core-Abs 6pm Yoga	29 930am Aging Well DM Clinic Ed 9-3:30pm 1215pm HIIT PT by Appt 2-6pm 6pm BootCamp	30 1215pm EMOM 1pm Seated Cardio 4pm Arm-Core-Abs PT by Appt 5-7pm	31 930am Aging Well 1215pm HIIT BootCamp (*early class) 	YOGA Join NEW Instructor Angela Moreno every Monday at 6pm!	

Class Descriptions

AGING WELL 60 minutes Beginner	Fun moves, fun music, and good times await you in this non-intimidating class. Work at your own pace and get help with movements that are designed to mimic the activities of daily living. This class is perfect for older adults who want to stay active or anyone NEW to exercise. (Instructor: Dubra Karnes-Padilla)
ARM-CORE-ABS 45 minutes Intermediate-Advanced	Strengthen your arms and tone your abs in just one workout. Moves will target the chest, back, shoulders, biceps, triceps, core, and abs by using a combination of bodyweight exercises and weights. A combo class to target key areas. (Instructor: Isaac)
BOOTCAMP 60 minutes Intermediate-Advanced	This class does it all...strength, cardio, stretch and more. Each class will incorporate a variety of exercise to target all muscle groups, exercises may consist of body weight training, dumbbells, weight bars, resistance bands, and more. Join others to stay motivated and get lean and strong. (Instructor: Isaac)
DIABETES CLINIC EDUCATION	Stop by the Clinic Conference Room to get information for you or your family members that will help manage diabetes. *Support Group will be held at the TWC in Meeting Rm #120. (Wellness Program Staff: Kathryn Herrera)
EMOM 30 minutes All Levels	EMOM stands for "Every Minute on the Minute" a training protocol that requires you to complete an exercise for a certain amount of reps under a minute. If you complete the exercise or movement under that minute, you will rest for the remaining time. Take the boredom out of your workout and come check it out! (Instructor: Isaac)
HIIT 30 minutes All Levels	(HI)IT's back! A training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more in less time. (Instructor: Isaac)
LEGS-CORE-ABS 45 minutes Intermediate-Advanced	This lower body and core strength workout includes a variety of exercises targeting the glutes, hips, thighs, abs, and back. Techniques change from exercise to exercise and include slow, heavy training, fast-paced endurance exercises and core moves that challenge balance, stamina, and stability. (Instructor: Isaac)
PT by Appointment 60 minute sessions All Levels	A trainer can help guide your workouts, improve form, keep you consistent, and track your progress. If interested, participants must complete a health screening before starting. Stop by the Fitness Office or call Isaac at 505-900-7654 or 771-6744 to get started.
SENIOR FITNESS 15 minutes All Levels	Join us for fun fitness favorites for seniors: seated stretch, seated cardio, seated strength. This month we'll focus on getting out of the chair and working the heart and body muscles. Classes are open to anyone interested in modified exercise (Instructor: Isaac)
YOGA 60 minutes All Levels	Develop body awareness, learn basic postures, and proper alignment. Learn how to sequence breath and movements, and become familiar with the connection to your physical and energetic body. Yoga can help transform your mind and body while improving flexibility and enhancing balance and stability. (Instructor: Angela Moreno)