



**TAMAYA
WELLNESS
PROGRAM**

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	2 CWR 8a-4p Pool 12p-4p Spring Into Motion
3 CWR 8a-4p Pool 12p-4p Spring Into Motion	4 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	5 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	6 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	7 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	8 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	9 CWR 8a-4p Pool 12p-4p Spring Into Motion
10 CWR 8a-4p Pool 12p-4p Spring Into Motion PALM SUNDAY	11 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	12 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	13 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	14 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	15 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion GOOD FRIDAY	16 CWR 8a-4p Pool 12p-4p Spring Into Motion
17 CWR 8a-4p Pool 12p-4p Spring Into Motion EASTER SUNDAY	18 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	19 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion Q&A with Shelly Rael, RDN via Zoom 530p-630p	20 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	21 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	22 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion EARTH DAY	23 CWR 8a-4p Pool 12p-4p Spring Into Motion
24 CWR 8a-4p Pool 12p-4p Spring Into Motion	25 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	26 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion Nutritionist Apts. Available	27 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	28 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion Nutritionist Apts. Available	29 CWR 6a-8p Pool 6a-12p / 4p-8p Spring Into Motion	30 CWR 8a-4p Pool 12p-4p Spring Into Motion

Scan here for more info & to visit our Tamaya Wellness Program home page. →



Notes:

CWR = Cardio Weight Room
Pool Aquatics Office (505) 771-6732

Spring Into Motion Info - JoAnna @ (505)771-6763
Tamaya Wellness Center Reception Desk (505)771-6370

Nutritionist available via phone appointments, call JoAnna for more info @ (505)259-7028.