



**TAMAYA
WELLNESS
PROGRAM**

November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Saints' Day CWR 6a-8p	2 All Souls' Day CWR 6a-8p ZUMBA 630p-7p	3 CWR 6a-8p	4 CWR 6a-8p	5 CWR 8a-4p
6 Daylight Savings CWR 8a-4p	7 CWR 6a-8p	8 CWR 6a-8p Circuit Training Class 6p-715p	9 CWR 6a-8p ZUMBA 630p-7p *COOKING CLASS*	10 CWR 6a-8p	11 Veteran's Day CWR 6a-8p	12 CWR 8a-4p
13 CWR 8a-4p	14 CWR 6a-8p	15 CWR 6a-8p Circuit Training Class 6p-715p	16 CWR 6a-8p FOOD PANTRY 2p-6p ZUMBA 630p-7p *COOKING CLASS*	17 CWR 6a-8p	18 CWR 6a-8p	19 CWR 8a-4p Tree Workshop 9a-1130a
20 CWR 8a-4p	21 CWR 6a-8p	22 CWR 6a-8p Circuit Training Class 6p-715p	23 CWR 6a-8p	24 Thanksgiving Day 	25 CWR 6a-8p	26 CWR 8a-4p
27 CWR 8a-4p	28 CWR 6a-8p	29 CWR 6a-8p Circuit Training Class 6p-715p	30 CWR 6a-8p ZUMBA 630p-7p *COOKING CLASS*	Tamaya Wellness Program Trainers' Office (505) 771-6744 Tamaya Wellness Program Outreach (505) 771-6383 Tamaya Wellnes Center Front Reception Desk (505) 771-6370 Tamaya Wellness Center Pool & Aquatics Office (505) 771-6372		

Visit our homepage at
<https://santaana-nsn.gov/wellness/>
 or scan QR code



Notes:
 CWR = Cardio Weight Room, 2nd level
 *Cooking Classes - Must be registered to attend, details will be shared closer to each class date
 Tree Workshop - Location TBD, details will be shared closer to date of workshop

calendar subject to change