



**TAMAYA
WELLNESS
PROGRAM**

JANUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CWR Closed Happy New Year!	2 CWR Closed (holiday observed)	3 CWR 6am-8pm	4 CWR 6am-8pm	5 CWR 6am-8pm	6 CWR Closed Reyes Day	7 CWR 8am-4pm
8 CWR 8am-4pm	9 CWR 6am-8pm TBC 12:15pm Dance Fit 6:30pm	10 CWR 6am-8pm Cycling 12:15pm TBC 6pm	11 CWR 6am-8pm TBC 12:15pm Zumba 6:30pm	12 CWR 6am-8pm Dance Fit 12:15pm M.R.T. 6pm	13 CWR 6am-8pm Zumba 12:15pm	14 CWR 8am-4pm
15 CWR 8am-4pm Cycling w/ Camille 11am	16 CWR 6am-8pm TBC 12:15pm Dance Fit 6:30pm	17 CWR 6am-8pm Cycling 12:15pm TBC 6pm	18 CWR 6am-8pm TBC 12:15pm Zumba 6:30pm	19 CWR 6am-8pm Dance Fit 12:15pm M.R.T. 6pm	20 CWR 6am-8pm Zumba 12:15pm	21 CWR 8am-4pm Cycling 10am
The Biggest Loser - Registration and Weigh-Ins. Call Denise @ 771- 6745 or Nick @ 771-6744 to sign up or for more info.						
22 CWR 8am-4pm Cycling w/ Camille 11am	23 CWR 6am-8pm TBC 12:15pm Dance Fit 6:30pm Biggest Loser Begins	24 CWR 6am-8pm Cycling 12:15pm TBC 6pm	25 CWR 6am-8pm TBC 12:15pm Zumba 6:30pm	26 CWR 6am-8pm Dance Fit 12:15pm M.R.T. 6pm	27 CWR 6am-8pm Zumba 12:15pm	28 CWR 8am-4pm Cycling 10am
29 CWR 8am-4pm Cycling w/ Camille 11am	30 CWR 6am-8pm TBC 12:15pm Dance Fit 6:30pm	31 CWR 6am-8pm Cycling 12:15pm TBC 6pm				

CWR = Cardio Weight Room, 2nd Level (hours may vary and are subject to change)

Cycling = Indoor cycling class lead by a coach on stationary bikes, all fitness levels welcome. Call Denise for more info @ (505) 771-6745.

TBC = Total Body Conditioning is a full body workout that targets all major muscle groups. Call Nick for more info @ (505) 771-6744.

M.R.T. = Muscle Resist Training is designed to enhance muscle tone and overall strength and endurance. Call Denise for more info @ (505) 771-6745.

Dance Fit = A low impact dance cardio workout with some added twists for all fitness levels. Call Denise for more info @ (505) 771-6745.

Zumba = This class is for anyone who wants to dance, move, and have fun. Call Tina for more info @ (505) 771-6753.

Indoor Cycling – Instructor: Denise Vigeant (505) 771-6745

- This class formats all terrains through hills, flats, mountain peaks, team drills and interval training with visual rides lead by coach on a stationary bike to great music. Bike setup is included for first time riders. All fitness levels are encouraged to participate.

Classes are Tuesdays 12:15pm-12:45pm & Saturdays 10am-10:55am

Total Body Conditioning (TBC) – Instructor: Nick Arviso (505) 771-6744

- A full body workout that targets all major muscle groups. This class will involve fun and challenging exercises that will work on muscular strength and endurance, get your heart rate up, and improve overall conditioning. You can expect to see old favorites such as Circuit Training, HIIT, and EMOM workouts.

Classes are Mondays & Wednesdays 12:15pm-12:45pm & Tuesday 6pm-7:15pm

M.R.T. – Muscle Resist Training – Instructor: Denise Vigeant (505) 771-6745

- Class is designed to enhance muscle tone, definition and endurance using bands, weights, as well as own body weight for resistance. MRT has movements that will improve your functional fitness, as well as your overall strength and endurance. All fitness levels are encouraged to participate.

Classes are Thursdays 6:00pm-6:30pm

Dance Fit – Instructor: Denise Vigeant (505) 771-6745

- A low impact dance cardio workout combined with strength training using resistance tubing and own body weight. A little Tai Chi/Yoga for a cool down, abdominal work and stretch while enjoying classic oldies music. All fitness levels are encouraged including the athletic looking for a workout on their days off from training.

Classes are Mondays 6:30pm-7:00pm & Thursdays 12:15pm-12:45pm

Zumba – Instructor Tina Winn-Trejo (505) 771-6753

- This class isn't just for beginners, it's for ANYONE who wants to dance, move, and have fun.

Classes are Wednesdays 6:30pm-7pm & Fridays 12:15pm-12:45pm