



**TAMAYA  
WELLNESS  
PROGRAM**

# September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>For class information, call Nick at 505.771.6744 Tamaya Wellness Center Front Desk 505.771.6370 hours &amp; class schedules are subject to change at any moment</p>					<p>1 CWR 6am-8pm Zumba 12:15p-12:45p</p>	<p>2 CWR 8am-4pm Zumba 9:30a</p>
<p>3 CWR 8am-4pm</p>	<p>4 Labor Day Holiday TWC closed</p>	<p>5 CWR 6am-8pm Senior Ctr 1p-2p</p>	<p>6 CWR 6am-8pm TBC 12:15p-12:45p Zumba 6p-7p</p>	<p>7 CWR 6am-8pm  Walking/Water Series 5p-6p at Community Orchard</p>	<p>8 CWR 6am-8pm Zumba 12:15p-12:45p</p>	<p>9 CWR 8am-4pm Zumba 9:30a</p>
<p>10 CWR 8am-4pm</p>	<p>11 CWR 6am-8pm Food Pantry 3p-6p</p>	<p>12 CWR 6am-8pm Senior Ctr 1p-2p</p>	<p>13 CWR 6am-8pm TBC 12:15p-12:45p  Gardening Workshops Climate Change 2:30p-3:30p Companion Planting 5:30p</p>	<p>14 CWR 6am-8pm  TBC 6p-7p</p>	<p>15 CWR 6am-8pm Zumba 12:15p-12:45p</p>	<p>16 CWR 8am-4pm Zumba 9:30a</p>
<p>17 CWR 8am-4pm</p>	<p>18 CWR 6am-8pm TBC 12:15p-12:45p</p>	<p>19 CWR 6am-8pm  Zumba 6p-7p</p>	<p>20 CWR 6am-8pm TBC 12:15p-12:45p Zumba 6p-7p</p>	<p>21 CWR 6am-8pm  TBC 6p-7p</p>	<p>22 CWR 6am-8pm Zumba 12:15p-12:45p</p>	<p>23 CWR 8am-4pm Zumba 9:30a</p>
<p>24 CWR 8am-4pm</p>	<p>25 CWR 6am-8pm</p>	<p>26 CWR 6am-8pm Senior Ctr 1p-2p Zumba 6p-7p</p>	<p>27 CWR 6am-8pm TBC 12:15p-12:45p Zumba 6p-7p</p>	<p>28 CWR 6am-8pm  TBC 6p-7p</p>	<p>29 CWR 6am-8pm Zumba 12:15p-12:45p</p>	<p>30 CWR 8am-4pm Zumba 9:30a</p>

Lap Pool Hours: Monday 6am-7:30pm • Tues-Fri: 6am-12pm • Sat-Sun: 8am-11am  
 Open Swim Hours: Monday Closed • Tues-Fri 12pm-7:30pm • Sat-Sun: 11am-3:30pm  
 Swim Lessons Available. Call 505.771.6372 for Aquatics/Pool info & rules, hours can change at any time.

A partner in your wellness journey