

# FITNESS CLASSES

## February Schedule



### *Mondays*

TBC w Nick 12:15p-12:45p

INDOOR CYCLING w Peter 5p-5:30p

### *Tuesdays*

ZUMBA w Honey 6p-7p

### *Wednesdays*

TBC w Nick 12:15p-12:45p

ZUMBA w Tina 6p-7p

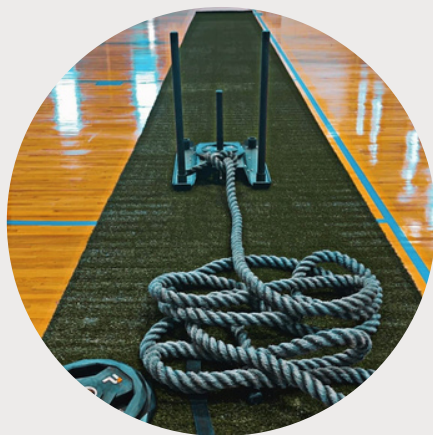
### *Thursdays*

TBC w Nick 6p-7p

### *Saturdays*

INDOOR CYCLING w Peter 8:30a-9a

ZUMBA w Honey 9:30a-10:30a



Class times or instructors can change at any moment.  
For information about classes, contact Nick @ (505)771-6744.



# ***TOTAL BODY CONDITIONING***



**MON & WED**



**12:15PM - 12:45PM**



**TWC**



**THURSDAY**



**6PM - 7PM**



**TWC**

## **CLASSES WILL INCLUDE:**

- ✓ Circuit Training
- ✓ HIIT
- ✓ EMOM
- ✓ AMRAP
- ✓ and more!

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.



# INDOOR CYCLING



**SATURDAYS  
8:30AM - 9AM**

**MONDAYS  
5PM - 5:30PM**

**TWC FITNESS STUDIO**

Indoor cycling classes begin with a warm up followed by moderate intensity cycling intervals that can include added core and upper body components before finishing the class with a cool down. All levels are welcome.

contact Peter for more info  
[Peter.Glidden@santaana-nsn.gov](mailto:Peter.Glidden@santaana-nsn.gov)  
**505.771.6745**



# **ZUMBA**



**TUESDAYS & WEDNESDAYS  
6PM - 7PM**

**SATURDAYS 9:30AM - 10:30AM**

**TWC FITNESS STUDIO**



**Zumba is perfect for  
anyone who enjoys  
dancing, moving, and  
having fun. All levels  
are welcome. Classes  
can be modified to  
your specific needs.**



**contact Tina for info  
Tina.Winn@santaana-nsn.gov  
505.771.6753 • 505.525.1240**





# Introducing the InBody 270

**The InBody 270** is a professional body composition analyzer that is accurate and easy to use in helping to track your total body fat, muscle mass, total body water, and much more.

Use **The InBody 270** to:

- Track body composition, set personalized fitness goals, and measure your progress like never before.
- Uncover the science of your body and take charge of your well-being in 2024.
- Transform your health journey!



**Call/email to schedule an appointment!**



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