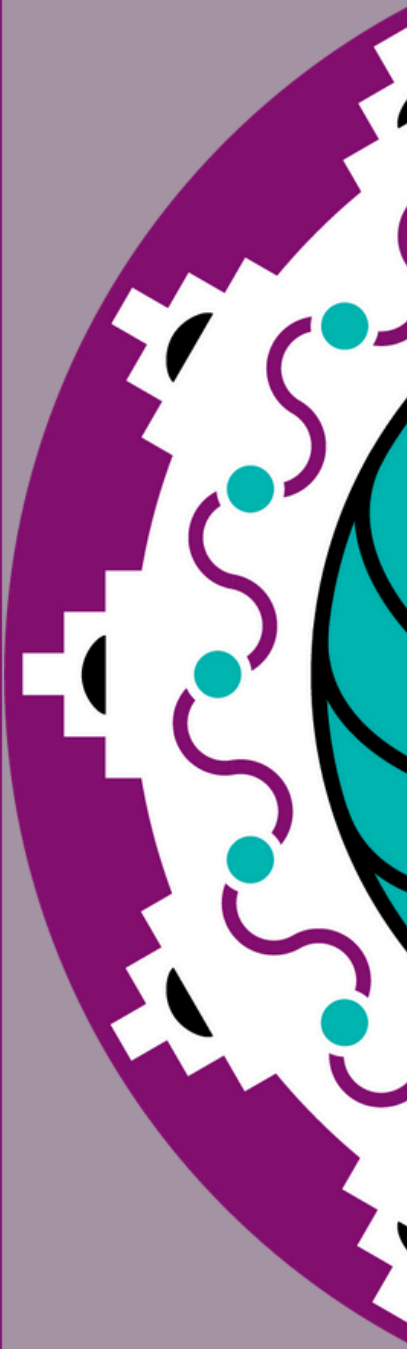


Happening This Week!



**TAMAYA
WELLNESS
CENTER**





TAMAYA WELLNESS CENTER

FITNESS CLASS SCHEDULE

Mon. 3/3

- HIIT w/ Nick
 - 12:15pm - 12:45pm
- TBC w/ Isaac
 - 6pm-7pm



Tue. 3/4

- EMOM w/ Isaac
 - 12:15pm - 12:45pm
- Zumba w/ Honey
 - 6pm-7pm



ZUMBA®

Wed. 3/5

- HIIT w/ Nick
 - 12:15pm - 12:45pm
- TBC w/ Isaac
 - 6pm-7pm



Thur. 3/6

- EMOM w/ Isaac
 - 12:15pm - 12:45pm
- Zumba w/ Honey
 - 6pm - 7pm



Fri. 3/7

NO CLASS



****Reminder that there is a Workout of the Day (WOD) posted upstairs in the CWR. Updated daily.**

**For info Contact the Fitness Office
(505) 771-6745**

*class times subject to change

SPRING SWIMMING LESSONS



**OPEN TO THE PUBLIC \$80 PER SESSION
SANTA ANA TRIBAL/COMMUNITY FREE**



2-week sessions are designed for all ages and are scheduled for MONDAY-THURSDAY with 4 sessions to choose from:

SESSION 1:

MAR 24TH-APR 3RD

SESSION 2:

APR 7TH-APR 17TH

SESSION 3:

APR 21ST-MAY 1ST

SESSION 4:

MAY 5TH-MAY 15TH

- 3:00pm-3:30pm Jellyfish - Parent & Tot: 3 mons to 3yrs
- 3:30pm-4:00pm Turtle - Level 2: Water Into
- 4:00pm-4:30pm Starfish - Level 3: Stroke Development
- 4:30pm-5:00pm Whale - Level 4: Stroke Development
- 5:00pm-5:30pm Shark - Level 5: Stroke Refinement



**PARENTS CHOOSE A LEVEL THAT
IS BEST SUITED FOR THEIR CHILD**

FOR MORE INFORMATION PLEASE CONTACT AQUATICS AT (505) 771-6372

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TAMAYA WELLNESS CENTER

SPORTS AND EVENTS PRESENTS

STARTING JANUARY 28, 2025



**2025 OPEN GYM
VOLLEYBALL**

EVERY TUESDAY / 6PM-8PM

PARTICIPANT FEE: \$7 | SPECTATOR FEE: \$3

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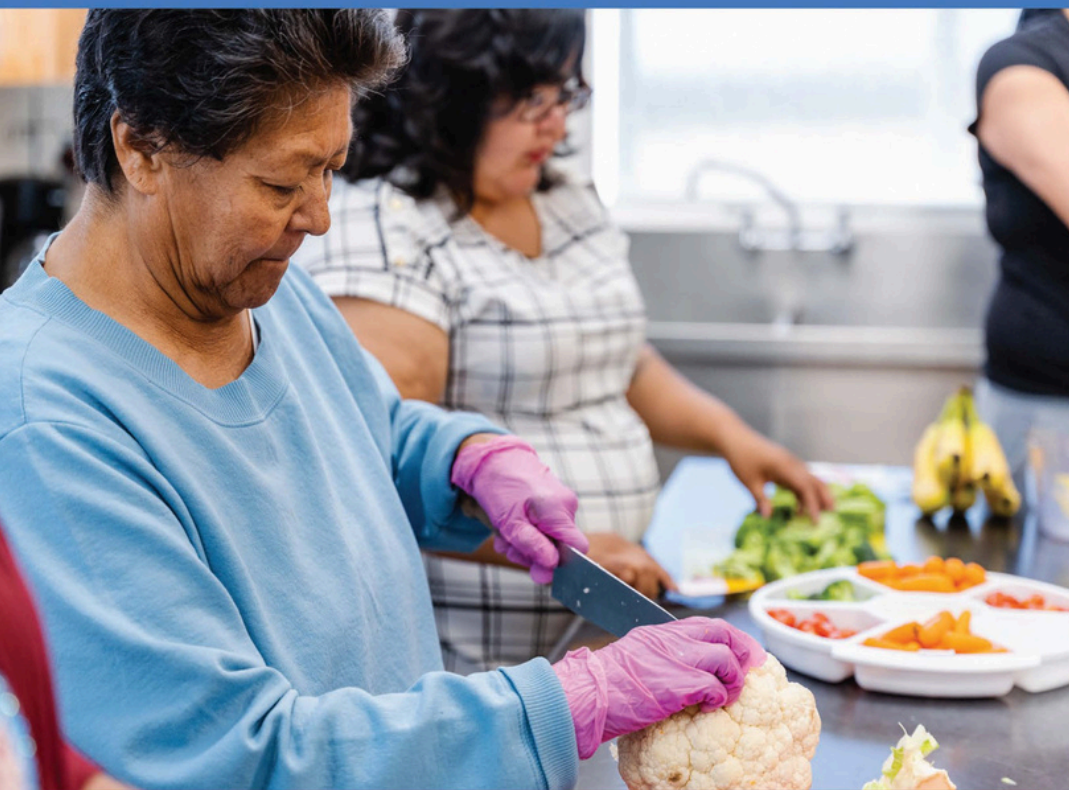
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Kitchen Creations

Call Kevin for info
(505) 525-1242



Class Details

- DAY OF WEEK:** Thursday
- DATES:** Feb. 20, 27, & Mar. 6, 13, 2025
- TIME:** 2 pm – 5 pm
- LOCATION:** Tamaya Wellness Center
225 Ranchitos Rd
Santa Ana Pueblo, NM 87004
- INSTRUCTORS:** Rebecca Lamoreux, MS, RDN, LD, Santa Fe, NM
Madeline Gurney, Sandoval County FCS Agent
Sandoval County Extension Office
- TO REGISTER:** Link: <https://ezregister.com/events/40958/>
Website: <https://sandovalextension.nmsu.edu/>

kitchencreations.nmsu.edu

Please join us for
this **FREE** series of
4 classes!

- Learn how to plan meals that help manage diabetes.
- Practice cooking foods in healthier ways.
- Enjoy the support of others who are living with diabetes.

Provided by:

Diabetes MAPP

Diabetes Management and Prevention Programs



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences



Paths to Health ^{NM}
Tools for Healthier Living



For more information about
Paths to Health ^{NM} programs, call:
505.850.0176 or 575.703.2343



Open only to Pueblo Members,
Not a Public Event

Sandoval County Extension
P.O. Box 400
711 S. Camino Del Pueblo,
Bernalillo, NM 87004



Scan this QR code
to visit our website

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TAMAYA
WELLNESS
CENTER

SPORTS AND EVENTS PRESENTS

2025 OPEN GYM MEN'S AND WOMEN'S BASKETBALL

**EVERY FRIDAY IN JANUARY AND FEBRUARY
STARTING JANUARY 31ST, 2025 | 5:30-8PM**

PARTICIPANT FEE: \$7 | SPECTATOR FEE: \$3

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SEED STARTING WORKSHOP

Saturday, 03/08

9am - 12:30pm

Santa Ana Native Plants Nursery



**COME START SEEDS FOR YOUR HOME GARDEN.
SEEDS WILL BE AVAILABLE TO START OR
BRING SEEDS THAT YOU HAVE SAVED.**

for more info call:

Tina @ (505) 525-1240 or Kevin @ (505)525-1242



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PARENTS & TODDLER TIME

BIG FUN FOR LITTLE SWIMMERS

MARCH 9TH, 2025

9AM - 12PM



PARENTS & CHILDREN 5 YEARS & UNDER

Join us for a special time to bond together in a FUN way at the pool.

Parents, this is a perfect time to enjoy the hot tub & cold plunge.

Music & snack bags for all!



First 5 families to attend event will receive a Texas Roadhouse gift card
for more information contact Aquatics at (505) 771-6372

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TAMAYA WELLNESS CENTER

SPORTS AND EVENTS PRESENTS



*Tamaya Spring
Egg-Travaganza
Bazaar*

**MARCH 22-23, 2025
10AM-5PM**

FREE ADMISSION | SHOP LOCAL ARTISTS | ARTS AND CRAFTS | FOOD TRUCKS & MUCH MORE!

VENDOR FEE: \$75/SCAN CODE FOR ARTIST APPLICATION

SAP MEMBERS FREE-LIMITED SPOTS AVAILABLE

LOCATION: TAMAYA WELLNESS CENTER (SANTA ANA PUEBLO)

Contact (505)771-6370 for info



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**contact Guest Relations for more
information at (505) 771-6370.**



"a partner in your wellness journey"