

# Fitness Class Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
50's Dance (Elena) 9:00am-10:00am	Strength & Stretch (Theresa) 7:30am-8:30am	50's Dance (Elena) 9:00am-10:00am	Strength & Stretch (Theresa) 7:30am-8:30am	50's Dance (Elena) 9:00am-10:00am	Shine (Bethany) 8:30am-9:30am
Enhanced Fitness II (Lea) 10:00am-11:00am	Piyo (Elena) 8:45am-9:45am	Enhanced Fitness II (Lea) 10:00am-11:00am	Mild Yoga (Lea) 10:00am-11:00am	Enhanced Fitness II (Lea) 10:00am-11:00am	Zumba (Kristina) 9:30am-10:30am
Enhance Fitness I (Lea) 11:30am-12:30pm	Mild Yoga (Lea) 10:00am-11:00am	Amped Kettle Bell Training (Elissa) 6:00pm-7:00pm	Enhance Fitness I (Lea) 11:30am-12:30pm		
Mild Yoga (Lea) 12:45pm-1:45pm	Enhanced Fitness I (Lea) 11:30am-12:30pm		Shine (Bethany) 4:15pm-5:15pm		
Amped Kettle Bell Training (Elissa) 6:30pm-7:30pm	Zumba (Lisa/Kristina) 6:00pm-7:00pm		Zumba (Lisa) 6:00pm-7:00pm		
					<b>January 2020</b>





**Participate At  
Daniel Fernandez Recreation  
Center For ONLY \$2 per day with  
NO Membership Fees**

**Fitness Cards are also  
available to be purchased 20 visits  
for \$30**

**Seniors 65 & Older receive 50%  
off**

**No Children Under the Age of 14 Allowed in Weight  
Room or Aerobics Room at any time**

**Only Athletic Apparel  
Allowed at DFRC. NO Street Apparel such as boots,  
jeans, polo shirts, or  
sandals.**

**Like Us On Facebook**

**Follow us on Instagram:  
Los\_Lunas\_Recreation**

**Visit our web site:  
[www.loslunasnm.gov](http://www.loslunasnm.gov)**

**IN SEARCH OF  
YOGA  
INSTRUCTORS!!**

## **Daniel Fernandez Recreation Center Aerobic Classes**

**Zumba– fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Achieve long term benefits while experiencing an absolute blast of calorie burning, heart racing, body energizing movements to engage and captivate.**

**Enhance Fitness– a low cost, evidence based group exercise program to help older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives. A certified instructor will take you through 1 hour of dynamic exercise at a pace right for you.**

**PiYo– uniquely designed class to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun and challenging while making you sweat.**

**Mild Yoga– this training class helps to improve strength, balance, mental and emotional clarity, and pain relief; all while increasing energy.**

**Cize– known as the “end to exerCIZE”, with a breakdown of moves your whole crew will be busting out the entire routine by the end of class.**

**Kettle Bell — A intense fast pace straight and agility improvement class focused around the motion and movement**

**SHINE— A typical SHiNE™ class is approximately 55-minutes long and incorporates 16 routines. We start class with our signature SHiNE™ warm-up and then increase intensity as the class progresses. Our Instructors love to incorporate routines that bring out different emotions and movement. You will find that we alternate the complexity and intensity of the routines to ensure our students' safety and success during a SHiNE™ class. The SHiNE™ dance floor is open to EVERY BODY. No dance experience necessary.... come as you are!**

**Hours Of Operation  
Monday-Thursday  
5:00am-9:00pm**

**Friday  
5:00a.m.-5:00p.m.**

**Saturday  
7:00a.m.-5:00p.m.**

**Sunday  
CLOSED**

*Gym will be closed beginning the  
17th of October for haunted house*

**For any Questions, Comments, or Concerns Please Contact  
Matthew Jaramillo at 352-7717 or e-mail at  
[jaramilloma@loslunasnm.gov](mailto:jaramilloma@loslunasnm.gov)**