



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.

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Los_Lunas_Recreation

Visit our web site:
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.

Keep Moving- Low impact aerobics, strength training and stretching to assist seniors with keeping movement in their lives and having fun. It will encourage better health, strength, endurance and happiness

VCSO Line Dancing– is a free class for individuals over the age of 65 where students will participate and practice their line dancing skills.

Glute to the Max– is a class designed specifically for the lower body where participants will be pushed to their limits by our great instructor Kortni.

**Hours Of Operation
Monday-Thursday
5:00am-7:00pm**

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

**Saturday
7:00a.m.-12:00p.m.**

**Sunday
CLOSED**

**CALL FRONT DESK FOR
COVID-19 Gymnasium
Guidelines**

For any Questions, Comments, or Concerns Please Contact
Matthew Jaramillo at 352-7661 or e-mail at
jaramilloma@loslunasnm.gov