



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

IN SEARCH OF
YOGA
INSTRUCTORS!!

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

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— join this one-of-a-kind evidence-based program precisely designed to improve stamina for adults ages 50 to infinity. Start at your own pace and build your confidence as you join in this “feel good” group activity. For best results attend this low-cost program 3-times a week, and you can expect increased endurance, physical strength, flexibility and improved balance. Guided by a certified instructor, come work out with your peers. Be the best version of yourself at any age.

Mild Yoga— The vital movements occurring in brain and body yoga can increase personal empowerment, strength, balance, improved breath, enhanced mobility and reduced stress. This yoga practice features movements that increase brain and body awareness allowing participants to engage within their level of ability. The body responds to the earth’s natural energies of vibration, heat, light and sound. Internal awareness is key. Through practice, individuals come to better appreciate and respect their body.

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!

RIP- R.I.P.P.E.D. combines Resistance, Interval, Power, Plyometrics, Endurance, core and a very important Diet program. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

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