

# Fitness Class Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Enhance Fitness II (Elena) 10:00am-11:00am	Strength & Stretch (Theresa) 7:30am-8:30am	Circuit Training (Elena/Ana) 9:00am-10:00am	Strength & Stretch (Theresa) 7:30am-8:30am	Circuit Training (Ana/Elena) 9:00am-10:00am	Zumba (Kristina) 9:30am-10:30am
Enhance Fitness I (Lea) 11:30am-12:30pm	Piyo (Elena) 8:45am-9:45am	Enhance Fitness II (Elena) 10:00am-11:00am	Enhanced Fitness II (Elena) 9:00pm-10:00pm		
Mild Yoga (Lea) 12:45pm-1:45pm	Mild Yoga (Lea) 10:00am-11:00am	Amped Kettle Bell Training (Elissa) 6:00pm-7:00pm	Mild Yoga (Lea) 10:00am-11:00am		
Amped Kettle Bell Training (Elissa) 6:00pm-7:00pm	Enhanced Fitness I (Lea) 11:30am-12:30pm		Enhance Fitness I (Lea) 11:30am-12:30pm		
	Zumba (Lisa/Kristina) 6:00pm-7:00pm		Zumba (Lisa) 6:00pm-7:00pm		
					<b>MARCH 2019</b>



*Small Community. Big Possibilities.*

**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**

*Youth Volleyball games will begin  
March 23rd and go threw April  
27th. Gymnasium will be closed on  
every Saturday till this program  
concludes.*

**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!!**

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

**Circuit Training– Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance.**