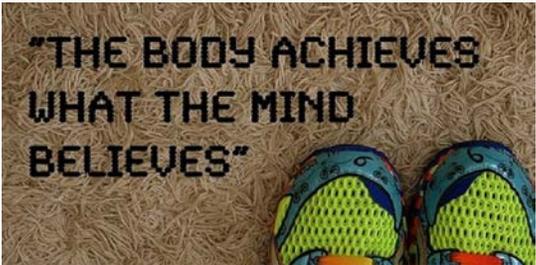


# Tamaya Wellness Program

## JUNE 2016

Classes/activities will be held at the Tamaya Wellness Center. If questions, call JoAnna@771-6763

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
H2O Aerobics-1-2pm ZUMBA- 5-6pm	Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	Senior Walk Group-9-10am Senior Volleyball-9:30-10am H2O Aerobics-10-11am Spinning-5-6pm	Zumba Gold-9-10am
12	13	14	15	16	17	18
H2O Aerobics-1-2pm ZUMBA- 5-6pm	Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am DM Support Group-1:30 pm Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	Senior Walk Group-9-10am Senior Volleyball-9:30-10am H2O Aerobics-10-11am Spinning-5-6pm	Zumba Gold-9-10am
19	20	21	22	23	24	25
H2O Aerobics-1-2pm ZUMBA- 5-6pm  FATHER'S DAY	Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm Cooking Class- 5:30-8pm *limited to 10	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	Senior Walk Group-9-10am H2O Aerobics-10-11am NO Spinning	Zumba Gold-9-10am
26	27	28	29	30		
H2O Aerobics-1-2pm ZUMBA- 5-6pm	Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am NO ZUMBA	H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm		

## Class Descriptions

<b>Boot Camp</b>	This class combines both cardio and strength training for a full body workout using the Bosu, medicine balls, and weights. An excellent way to improve muscular strength, endurance, and power. All levels welcome. (Instructor: Isaac Leon/Lance Ami)
<b>H2O Aerobics</b>	Exercise in the Pool! A No-Impact Workout to improve flexibility, balance, strength, cardiovascular and stress relief.
<b>Aging Well Workouts</b>	Designed for seniors... This class is a perfect opportunity to work at your own pace to maintain bone density and improve flexibility. Classes will include line dancing, chair exercise, balance training, cardio circuit, and aerobic dance. All levels welcome. (Instructor: Dubra Karnes-Padilla)
<b>Senior Fitness</b>	Dubra Karnes-Padilla will provide assistance with cardio and weight machines on the 2nd floor exercise area.
<b>Spinning</b>	Jump on one of our bikes and start pedaling... These classes provide an intense cardio workout while still catering to participants of all fitness levels. All levels welcome. (Instructor: Marcus Blackwell)
<b>Yoga</b>	Yoga is a practice that will help transform both your mind and body ultimately helping you become more flexible, enhance your balance and stability, and leave you feeling stronger and more centered. Great for reducing stress and calming your mind. (Instructor: Jennifer Harris)
<b>ZUMBA</b>	Ditch the workout.. Join the party! Zumba combines high energy and motivating music with moves and combinations that allow you to dance away your worries. (Instructor: Kendra Kee/Carmen Morin)
<b>Diabetes Support Group</b>	Monthly support group meeting to provide encouragement, comfort, advice and educate people with diabetes. (Sponsored by Tamaya Wellness Program)
<b>Zumba Gold</b>	Zumba Gold is for beginners, intermediate and baby boomers, slower paced 45- minute class. (Instructor: Carmen Morin)
<b>Cooking Class</b>	Learn tips to stretch your dollar by shopping for sale items, creating menus, cooking food and freezing some for later. What to do with a tough cut of meat? Come to class and see what you can save and create! <b>CLASS LIMIT 10.</b> PLEASE CONTACT JOANNA TO SIGN UP 771-6763 (Instructor: Jan Laird) Sponsored by Tamaya Wellness Program



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