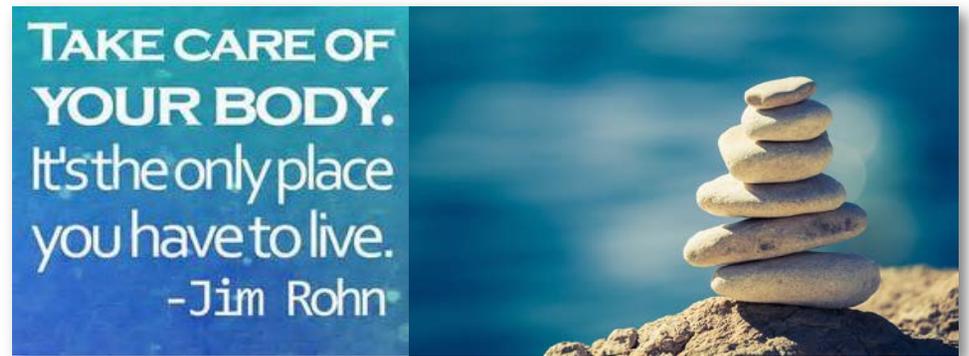


May 2016 Tamaya Wellness Program Activities Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 H2O Aerobics-1-2pm ZUMBA- 5-6pm	2 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	3 No Senior Fitness Today No Aging Well Today Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	4 No Senior Fitness Today No Aging Well Today H2O Aerobics-10-11am ZUMBA-6-7pm	5 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	6 Senior Walk Group-9-10am H2O Aerobics-10-11am Spinning-5-6pm	7 Zumba Gold-9-10am
8 H2O Aerobics-1-2pm ZUMBA- 5-6pm Mother's Day	9 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	10 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm	11 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	12 H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	13 Senior Walk Group-9-10am H2O Aerobics-10-11am Spinning-5-6pm	14 Zumba Gold-9-10am
15 H2O Aerobics-1-2pm ZUMBA- 5-6pm	16 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm Cooking Class- 5:30-8pm *limited to 10	17 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	18 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	19 Kickboxing-5:15-6:15pm H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	20 Senior Walk Group-9-10am H2O Aerobics-10-11am Spinning-5-6pm	21 Zumba Gold-9-10am
22 Kickboxing-10-11am H2O Aerobics-1-2pm ZUMBA- 5-6pm	23 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm	24 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm	25 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am H2O Aerobics-10-11am ZUMBA-6-7pm	26 Kickboxing-5:15-6:15pm H2O Aerobics-5:30-6:30pm Boot Camp-6:30-7:30pm	27 Senior Walk Group-9-10am H2O Aerobics-10-11am Spinning-5-6pm	28 Zumba Gold-9-10am
29 Kickboxing-10-11am H2O Aerobics-1-2pm ZUMBA- 5-6pm	30 Yoga 9-10am H2O Aerobics-10-11am ZUMBA-6-7pm Memorial Day	31 Senior Fitness-8:30-9:20am Aging Well-9:30-10:30am Yoga-5:15-6:15pm Boot Camp-6:30-7:30pm				



Class Descriptions

Boot Camp	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)
H2O Aerobics	Exercise in the Pool! A No-Impact Workout to improve flexibility, balance, strength, cardiovascular and stress relief.
Aging Well Workouts	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)
Senior Fitness	Dubra Karnes-Padilla will provide assistance with cardio and weight machines on the 2nd floor exercise area.
Spinning	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)
Yoga	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)
ZUMBA	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)
Diabetes Support Group	Monthly support group meeting to provide encouragement, comfort, advice and educate people with diabetes. (Sponsored by Tamaya Wellness Program)
Zumba Gold	Zumba Gold is for beginners, intermediate and baby boomers, slower paced 45- minute class. (Instructor: Carmen Morin)
Cooking Class	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! CLASS LIMIT 10. PLEASE CONTACT JOANNA TO SIGN UP 771-6763 (Instructor: Jan Laird) Sponsored by Tamaya Wellness Program



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