



GROUP FITNESS *OCTOBER* 2019

(CLASS DESCRIPTIONS ON BACK)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am	SPINNING Stephanie	LES MILLS BODYPUMP CXWORX Cheryl	SPINNING Warren	LES MILLS BODYPUMP Stephanie	ZUMBA fitness Tawni		
8-9am	Yoga Michele	Yoga Alana	Yoga Michele	Yoga Debbie	Yoga Courtney	Yoga Amber (7:45-8:45)	
9-10am	LES MILLS BODYPUMP Amy	Barre Alana	LES MILLS BODYPUMP Cheryl	ZUMBA fitness Karen	CXWORX HIIT Cheryl	LES MILLS BODYPUMP Tricia	NEW! SPINNING Amy P (8:45-9:45)
10-11am	Forever Fit Amy	Pilates Leslie	Forever Fit Bill	Yoga Barre Ana	Forever Fit Cheryl	LES MILLS BODYCOMBAT Tawni	LES MILLS BODYPUMP Stephanie
11am - Noon	SPINNING Leslie		SPINNING Dianna		SPINNING Leslie	ZUMBA fitness (11:10am) Elena	
NOON	LES MILLS BODYCOMBAT Amy	Yoga Raquela	CXWORX (30 minutes) Amy	ZUMBA fitness LITE! Tawni	LES MILLS BODYPUMP Amy	Hours: Monday-Thursday 5am-9pm Fri: 5am-8pm Saturday-Sunday 7am-8pm 575-758-1980 www.taosspa.com	
4:30-5:30pm	ZUMBA fitness Nancy		ZUMBA fitness Nancy		Yoga Rob		
5:30-6:30pm	LES MILLS BODYPUMP Stephanie	ZUMBA fitness Jessica D.	LES MILLS BODYPUMP Jaki	ZUMBA fitness Jessica D.	LES MILLS BODYCOMBAT Amy		
6:30-7:30pm	CXWORX (30 minutes) Stephanie		LES MILLS BODYCOMBAT Jaki	Yoga Sheila			
WATER CLASSES							
9-10am	Aqua Circuit Julie	Aqua Fit Paula	Aqua Circuit Paula	Aqua Fit Jessica	Aqua Fit Jessica		