



Get to a healthier place.

Classes at **Anytime Fitness** -- FREE for members, Guests \$5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM						Zumba
11:00 AM	Silver Sneakers		Silver Sneakers		Silver Sneakers	
12:30 PM	Beginning Yoga		Beginning Yoga	Low Impact Strength	Beginning Yoga	
6:00 PM	Hip Hop Cardio	Yoga/Pilates	DanceFIT	Yoga/Pilates		

CLASS DESCRIPTIONS

Silver Sneakers/ Low Impact Strength	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living. Hand-held weights, resistance bands and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
Beginning Yoga	A regular yoga practice will help transform your mind and body, enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. This class incorporates yoga postures, breathing exercises and a focused mind to improve balance and flexibility. Basic moves are introduced at a slower pace for beginners. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
DanceFIT	DanceFIT is a cardio dance class with a broad range of upbeat jams, & NEW moves! Wear some bright colors because the only lighting in the room is the most flattering red glow, blacklights, and party lights! We will have a fun, club-like, positive atmosphere every time!
Yoga/Pilates	This is a class that fuses together two of the most popular mind/body disciplines - Yoga and Pilates. If you're looking to get the most out of your hour, fusion classes are for you! You will be introduced to dynamic, flowing Pilates and Yoga sequences focusing on lengthening and toning your muscles, and increasing your flexibility. Get your Yoga AND Pilates fix in one special class.
Hip Hop Cardio	Join us for an amazing new class! Hip Hop Cardio is a dance class designed to burn calories, while shaking your stuff to Hip Hop music. Start your weekend off early with a party! Like DanceFIT, the only lighting in the room is the most flattering red glow, blacklights, and party lights! We will have a fun, club-like, positive atmosphere every time! Get ready to MOVE!
Zumba	This cardio Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn and follow! Unique move and combination will make you feel like you are partying on the dance floor. Ditch the workout and join the party - exercise has never been so fun!

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