



EXERCISE & WELLNESS CLASSES AT THE GARDEN GATE DAY SPA & SALON

STARTING
SEPTEMBER 1, 2023

Sign up for our STAY HEALTHY & SOUND MEMBERSHIP \$89 + tax

Participate in 8 Wellness Classes of your choice, 2 Vibroacoustic Sound Therapy Sessions
& 8 additional one-hour swim sessions per month

DROP-IN FOR:

WATER CLASSES ONLY \$10 + TAX

Water Classes

(held in our outdoor heated pool)

TUESDAY

Aqua Aerobics	9:00AM-10:00AM	<i>Karen</i>
Arthritis Aqua Exercise	4:15PM-5:15PM	<i>Maria</i>
Aqua Zumba	5:30PM - 6:30PM	<i>Tena</i>

WEDNESDAY

Aqua Aerobics	9:00AM-10:00AM	<i>Karen</i>
Arthritis Aqua Exercise	4:15PM-5:15PM	<i>Pam</i>

THURSDAY

Aqua Aerobics	9:00AM-10:00AM	<i>Karen</i>
Arthritis Aqua Exercise	4:15PM-5:15PM	<i>Pam</i>
Aqua Zumba	5:30PM - 6:30PM	<i>Tena</i>

FRIDAY

Aqua Aerobics	9:00AM-10:00AM	<i>Karen</i>
Aqua Aerobics	4:15PM-5:15PM	<i>Pam</i>

SATURDAY

Arthritis Aqua Exercise	9:30AM-10:30AM	<i>Pam</i>
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STUDIO CLASSES ONLY \$8 + TAX

Green Leaf Studio Classes

(located across from the spa building)

WEDNESDAY

Advanced Tai Chi*	5:00PM - 6:00PM	<i>Marilyn</i>
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THURSDAY

Advanced Tai Chi*	10:00AM - 11:00AM	<i>Marilyn</i>
Greenleaf Qigong*	11:15AM - 12:00PM	<i>Marilyn</i>

FRIDAY

Beginners Tai Chi*	10:00AM - 11:00AM	<i>Marilyn</i>
Intermediate Tai Chi*	11:15AM - 12:15PM	<i>Marilyn</i>

*Tai Chi/Qigong class fees are donated to "Embrace an Elder" to help make a difference in the lives of low-income elders

IMPORTANT NOTE: Class schedules are posted online on the 20th of each month for the upcoming month. You will be able to sign up for classes at that time. Instructors will notify their class participants of any changes.

Schedule Your Class Online at gardengatespa.com or Contact the Instructor directly for availability

Maria 505-550-5574 Pam 505-321-0542 Karen 505-818-9547

Tena 505-450-5966 Marilyn 505-415-8430

THINGS TO REMEMBER:

Bring your own robe, towel & swim/shower shoes
(FLOORS ARE SLIPPERY WHEN WET; PLEASE WEAR SHOES AT ALL TIMES EVEN IN THE SHOWERS)

Check in for class at Front Desk (MORNING CLASSES: DOORS OPEN 10 MINUTES BEFORE CLASS)

Showers are available for rinsing off before and after class

All classes are subject to availability, changes and may be canceled at any time without notice.

Secure your spot by scheduling online or with your instructor CALL/TEXT

All class fees are non-refundable and require a 24-hr cancellation notice



505-865-4818
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gardengatespa.com