



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

Sign up for our
Stay Healthy & Sound Membership \$89 + tax

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

Or Drop-in for Land Classes ONLY \$8 + tax & for Water Classes ONLY 10.00 + tax (upon availability)

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 gardengatespa.com or contact Instructors directly for availability

Pam 505-321-0542 Sharon Jonas 505-814-4900 Karen 505-818-9547
Savanna 505-459-3619 Tena 505-450-5966

NEW Fall/Winter Schedule begins October 1st, 2022

Water Classes

(held in our outdoor heated pool)

TUESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*

WEDNESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 5:00PM-6:00PM *Pam*

THURSDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 5:00PM-6:00PM *Pam*

FRIDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Aqua Aerobics 5:00PM-6:00PM *Pam*

SATURDAY

Arthritis Aqua Exercise 9:30AM-10:30AM *Pam*

Land Classes

(held in our Green Leaf Studio)

TUESDAY

Chair Yoga 9:00AM - 10:00AM *Sharon*
Zumba GOLD 5:00PM - 6:00PM *Tena*

WEDNESDAY

Gentle Flow Yoga 10:00AM - 11:00AM *Sharon*
Intermediate Tai Chi 5:00PM - 6:00PM *Mary*

THURSDAY

Intermediate Tai Chi 10:00AM - 11:00AM *Mary*
Beginners Yoga 11:15AM - 12:15PM *Savanna*
Zumba GOLD 5:00PM - 6:00PM *Tena*

FRIDAY

Gentle Beginners Yoga 5:00PM-6:00PM *Savanna*

SATURDAY

Gentle Beginners Yoga 10:30AM-11:30AM *Savanna*

THINGS TO REMEMBER:

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

Bring your own robe, towel & non-slid footwear

Check in for class at front desk, Check out through the pool gate

Showers are available for rinsing off before and after class

All classes are subject to change to availability, secure your spot by scheduling online or with your instructor CALL/TEXT

All classes are subject to change and/or cancel at any time without notice



505-865-4818

5 Thomas Rd

**Los Lunas, NM
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gardengatespa.com