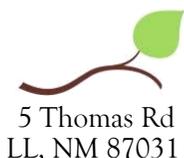


EXERCISE & WELLNESS CLASSES AT THE GARDEN GATE DAY SPA & SALON

NOV. 2025 THROUGH MAR. 2026



Contact the Spa Directly for Class Availability at 505-865-4818 or
RSVP Online at www.gardengatespa.com

DROP-IN FOR:

WATER CLASSES ONLY \$12 + TAX

WATER CLASSES

(held in our outdoor heated pool)

TUESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

WEDNESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

THURSDAY

Aqua Aerobics 9:00AM-10:00AM *Maria*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

FRIDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Aerobics 4:15PM-5:15PM *Pam*

SATURDAY

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

STUDIO CLASSES ONLY \$10 + TAX

GREEN LEAF STUDIO CLASSES

(Located across from the spa building; Spa Closes at 6pm, participants here for 6:00pm class must sign-in/pay before)

TUESDAY

Hatha Yoga 9:00AM - 10:00AM *Maria*
Chair Yoga 4:00PM - 4:45PM *Maria C*
Latin Stretch & Toning 5:00PM-6:00PM *Tena*

WEDNESDAY

OPEN STUDIO—INDEPENDENT WORKOUTS

THURSDAY

Latin Stretch & Toning 5:00PM-6:00PM *Tena*

FRIDAY

Advanced Yoga 8:30AM - 9:30AM *Maria C*
Beginners Tai Chi* 10:00AM - 11:00AM
Hatha Yoga 5:00PM - 6:00PM *Maria C*

SATURDAY

Hot Yoga 9:00AM - 10:00AM *Maria C*

*Tai Chi class fees are donated to our non-profit SC Inc., to help make a difference 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.

Sign up for the STAY HEALTHY & SOUND MEMBERSHIP \$170 + tax
Participate in 10 Wellness Classes of your choice, 2 Vibroacoustic Sound Therapy Sessions
& 8 additional one-hour swim sessions per month (\$356 value)

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

Indoor & outdoor showers are available for rinsing off before and after class

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

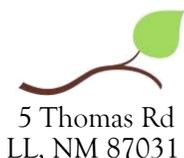
All Classes are subject to availability, changes and/or cancellations occur at any time without notice.

RSVP Online or with the Spa Receptionist, no spot substitutions.

All class fees are non-refundable and require a **24-hr Cancellation Notice**; 3 recorded no shows to any water class may result in removal from class/membership

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

NOV. 2025 THROUGH MAR. 2026



Contact the Spa Directly for Class Availability at 505-865-4818 or
RSVP Online at www.gardengatespa.com

DROP-IN FOR:

WATER CLASSES ONLY \$12 + TAX

WATER CLASSES

(held in our outdoor heated pool)

TUESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

WEDNESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

THURSDAY

Aqua Aerobics 9:00AM-10:00AM *Maria*
Arthritis Aqua Exercise 4:15PM-5:15PM *Pam*

FRIDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Aerobics 4:15PM-5:15PM *Pam*

SATURDAY

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

STUDIO CLASSES ONLY \$10 + TAX

GREEN LEAF STUDIO CLASSES

(Located across from the spa building; Spa Closes at 6pm, participants here for 6:00pm class must sign-in/pay before)

TUESDAY

Hatha Yoga 9:00AM - 10:00AM *Maria*
Chair Yoga 4:00PM - 4:45PM *Maria C*
Latin Stretch & Toning 5:00PM-6:00PM *Tena*

WEDNESDAY

OPEN STUDIO—INDEPENDENT WORKOUTS

THURSDAY

Latin Stretch & Toning 5:00PM-6:00PM *Tena*

FRIDAY

Advanced Yoga 8:30AM - 9:30AM *Maria C*
Beginners Tai Chi* 10:00AM - 11:00AM
Hatha Yoga 5:00PM - 6:00PM *Maria C*

SATURDAY

Hot Yoga 9:00AM - 10:00AM *Maria C*

*Tai Chi class fees are donated to our non-profit SC Inc., to help make a difference 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.

Sign up for the STAY HEALTHY & SOUND MEMBERSHIP \$170 + tax
Participate in 10 Wellness Classes of your choice, 2 Vibroacoustic Sound Therapy Sessions
& 8 additional one-hour swim sessions per month (\$356 value)

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

Indoor & outdoor showers are available for rinsing off before and after class

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

All Classes are subject to availability, changes and/or cancellations occur at any time without notice.

RSVP Online or with the Spa Receptionist, no spot substitutions.

All class fees are non-refundable and require a **24-hr Cancellation Notice**; 3 recorded no shows to any water class may result in removal from class/membership