



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

NOVEMBER 7, 2023 THRU MARCH 9, 2024

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 *Karen*
Arthritis Aqua Exercise 4:30PM-5:30PM *Maria*

WEDNESDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Arthritis Aqua Exercise 4:30PM-5:30PM *Pam*

THURSDAY

Aqua Aerobics 9:00AM-10:00AM *Maria*
Arthritis Aqua Exercise 4:30PM-5:30PM *Pam*

FRIDAY

Aqua Aerobics 9:00AM-10:00AM *Karen*
Aqua Aerobics 4:30PM-5:30PM *Pam*

SATURDAY

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

STUDIO CLASSES ONLY \$8 + TAX

Green Leaf Studio Classes

(located across from the spa building)

TUESDAY

Latin Toning/Stretching 5:00PM - 6:00PM *Tena*

WEDNESDAY

Gentle Flow Yoga 9:00AM - 10:00AM *Maria C*

THURSDAY

Greenleaf Qigong* 11:15AM - 12:00PM *Marilyn*
Latin Toning/Stretching 5:00PM - 6:00PM *Tena*

FRIDAY

Beginners Tai Chi* 10:00AM - 11:00AM *Marilyn*
Gentle Flow Yoga 5:00PM - 6:00PM *Maria C*

SATURDAY **NEW starts 11/4**

Hot Yoga 11:00AM - 12:00PM *Maria C*

*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.

**Please contact the spa directly for class availability at 505-865-4818
or schedule your class online at www.gardengatespa.com**

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 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.

Secure your spot by scheduling online or with 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



**5 Thomas Rd
Los Lunas, NM
87031**