


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

APRIL 1, 2025 TO JUNE 30, 2025



5 Thomas Rd
LL, NM 87031

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

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>Pam</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>Maria</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>
Arthritis 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; Spa Closes at 7pm, participants here for 6:00pm class must sign-in/pay before)

TUESDAY

Hatha Yoga	9:00AM - 10:00AM <i>Maria C</i>
Chair Yoga	4:00PM - 5:00PM <i>Maria C</i>

WEDNESDAY

OPEN STUDIO - INDEPENDENT WORKOUT
Ask Spa Reception how to use video workouts

THURSDAY

Hatha Yoga	6:00PM - 7:00PM <i>Maria C</i>
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FRIDAY

Advanced Yoga	8:30AM - 9:30AM <i>Maria C</i>
Beginners Tai Chi*	10:00AM - 11:00AM <i>Marilyn</i>

SATURDAY

Hot Yoga	9:00AM - 10:00AM <i>Maria C</i>
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*Tai Chi 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.

Sign up for the 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

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