

Tamaya Wellness Program

November 2016

Classes/activities will be held at the Tamaya Wellness Center. For questions, call JoAnna @ 771-6763.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--|--|---|--|---|----------|
| | | 1 No Classes | 2 No Classes | 3 Turquoise Loop x2: 1.3 mi 10am & 4:30pm 12pm Power Hour 5:30pm H2O Aerobics 6pm Step & Sculpt | 4 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics | 5 |
| 6 10am Zumba 1pm H2O Aerobics | 7 10am H2O Aerobics 6pm Zumba | 8 9:30am Aging Well 12pm Power Hour Diabetes Support Group 1pm 5:15pm Yoga 6:30pm Boot Camp | 9 9:30am Aging Well 10am H2O Aerobics 6pm Zumba | 10 Orange Loop x2: 1.4 miles 10am & 4:30pm 12pm Power Hour 5:30pm H2O Aerobics 6pm Cardio Blast | 11 9am Senior Walking & Aging Well 10 am H2O Aerobics | 12 |
| 13 10am Zumba 1pm H2O Aerobics | 14 10am H2O Aerobics Cooking Class 5:30pm 6pm Zumba | 15 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp | 16 9:30am Aging Well 10am H2O Aerobics 6pm Zumba | 17 Yellow Loop: 2 miles 10am & 4:30pm 12pm Power Hour 5:30pm H2O Aerobics 6pm Step & Sculpt | 18 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics | 19 |
| 20 10am Zumba 1pm H2O Aerobics | 21 10am H2O Aerobics 6pm Zumba | 22 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp | 23 9:30am Aging Well 10am H2O Aerobics 6pm Zumba | 24 No Classes  | 25 9am Senior Walking & Aging Well 10 am H2O Aerobics | 26 |
| 27 10am Zumba 1pm H2O Aerobics | 28 10am H2O Aerobics 6pm Zumba | 29 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp | 30 9:30am Aging Well 10am H2O Aerobics 6pm Zumba | | | |

Class Descriptions

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| Aging Well | Work at your own pace to get stronger, improve flexibility, balance, and range of motion. This class is perfect for older adults or anyone new to exercise (Instructor: Dubra Karnes-Padilla) |
| Boot Camp | A fun combination of cardio, strength, balance, and agility exercises for a total body workout. An excellent way to improve strength, endurance, and quickness. All levels welcome! (Instructor: Isaac Leon) |
| Cardio Blast | Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you! We'll mix it up with outdoor jogging, power walking and help you take the thinking out of working out. (Instructor: Lance Ami) |
| Cooking Class | Cook Well, Eat Well with Diabetes: Prepare diabetes-friendly meals for you and your family using fresh food, herbs, and low sugar alternatives (class is open to adults with or without diabetes). Limited to 10 participants ; call JoAnna @ 771-6763 to sign up. (Instructor: Jan Laird) |
| Diabetes Support | Monthly support group to provide encouragement, comfort, advice and educate people about diabetes. TWC Conference Room #120 (Wellness Program staff: Kathryn Herrera) |
| H2O Aerobics | Exercise in the pool...A low-impact workout to improve flexibility, balance, strength, cardiovascular and stress relief. |
| Power Hour | Trade that fast food meal for a sweat session! Join us for a quick 45 minute power workout incorporating spin, core exercises, strength, and cardio circuit. Modifications available for all levels. (Instructor: Lance Ami) |
| Step & Sculpt | A high-energy class that alternates between beginner and intermediate step routines with some muscle conditioning for a total body workout. (Instructor: Lance Ami) |
| Walk the Loop Turquoise, Orange, Yellow | Meet in front of the Tamaya Wellness Center at 10am OR 4:30 pm for a guided brisk walk along one of the Recreation Path loops! Wear comfortable walking shoes, bring a water bottle, and dress for the cool fall weather. (Lead by Lance Ami/Wellness Program staff) |
| Yoga | Yoga can help transform your mind and body and is great for reducing stress. Become more flexible, enhance your balance and stability, and leave you body feeling relaxed and more centered. (Instructor: Jennifer Harris) |
| Zumba | Ditch the workout.. Join the party! Zumba combines high energy and motivating music with moves and combinations that allow you to dance away your trouble zones. (Instructor: Kendra Kee) |

