

WEIGHT ROOM

Total body fitness with world class views

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ZUMBA Julie (505) 480-0445 9:15 a.m. - 10:15 a.m.</p>	<p>YOGA BASIC Donna (505) 506-9936 9 a.m. - 10 a.m.</p>	<p>ZUMBA Julie (505) 480-0445 9:15 a.m. - 10:15 a.m.</p>	<p>YOGA BASIC Donna (505) 506-9936 9 a.m. - 10 a.m.</p>	<p>ZUMBA Julie (505) 480-0445 9:15 a.m. - 10:15 a.m.</p>	<p>ZUMBA Marian (505) 286-1702 10:10 a.m. - 11:10 a.m.</p>
<p>STRENGTH TRAINING Becky (505) 286-1440 10:30 a.m. - 11:30 a.m.</p>	<p>Yoga Cardio Blender Danielle or Jane (505) 264-5526 (505) 463-9487 10:30 a.m - 11:45 a.m</p>	<p>FAMILY FRIENDLY YOGA Danielle (505) 264-5526 9:30 a.m. - 10:30 a.m.</p>	<p>Bands, Bodyweight & Balance Becky (505) 286-1440 10:30 a.m. - 11:30 a.m.</p>	<p>FAMILY FRIENDLY YOGA Danielle (505) 264-5526 9:30 a.m. - 10:30 a.m.</p>	<p>MEX MIGS Training Miguel (505) 697-2241 3 - 4:30 p.m.</p>
<p>FAMILY FRIENDLY YOGA Danielle (505) 264-5526 4:15 p.m. - 5:15 p.m.</p>	<p>KARATE John Swenson (505) 307-8212 5-7 yrs. 4:15 p.m. - 5 p.m. 8-12yrs. 5 - 5:45 p.m. Adult 6:30 p.m. - 7:50 p.m.</p>	<p>STRENGTH, CARDIO Express Becky (505) 286-1440 10:30 a.m. - 11:30 a.m.</p>	<p>T'AI CHI CHIH Beverly (505) 281-3515 1:30 p.m. - 2:30 p.m.</p>	<p>CYCLING/STRENGTH Becky (505) 286-1440 10:30 a.m. - 11:30 a.m.</p>	<p>BASKETBALL SKILLS John (505) 281-8021 4 - 6 p.m.</p>
<p>CYCLING/STRENGTH Becky (505) 286-1440 5:45 p.m. - 6:45 p.m.</p>		<p>MEX MIGS Training Miguel (505) 697-2241 3 - 4:30 p.m.</p>	<p>KARATE John Swenson (505) 307-8212 5-7 yrs. 4:15 p.m. - 5 p.m. 8-12 yrs. 5 p.m. - 5:45 p.m. Adult 6:30 p.m. - 7:50 p.m.</p>	<p>MEX MIGS Training Miguel (505) 697-2241 3 - 4:30 p.m.</p>	
<p>MEX MIGS Training Miguel (505) 697-2241 3 - 4:30 p.m.</p>		<p>INDOOR CYCLING Becky (505) 286-1440 5:45 p.m. - 6:45 p.m.</p>			
<p>BASKETBALL SKILLS John (505) 281-8021 6 p.m. - 8 p.m.</p>		<p>ZUMBA Marian (505) 286-1702 6 p.m. - 7 p.m.</p>			



DAILY PROGRAMMING

YOUTH

Park's Pals
Ages: 4 & 5
Time: 9 a.m. - Noon
Days: Mon. - Thurs.
Fee: \$230 Full Year or \$36 per month

After School
Ages: Kinder - 5th grade
Time: 3:30 p.m. - 6 p.m. M, T, Th, F
Time 1:20 p.m. - 6 p.m. Weds.
Fee: \$312 Full Year,
\$131 per trimester, \$72 Weds. only (full year)
\$24 Weds. only per trimester

Before School at San Antonio
Time: 7 a.m. - 8:45 a.m.
Fee: \$212 Full year - \$85 per trimester

Summer Program
Ages: Kinder - 8th grade
Extended: 7 a.m. - 6 p.m.
Regular: 9 a.m. - 3 p.m.
Days: Mon. - Fri. (summers)
Fee: \$212 Extended summer
\$100 Regular summer, \$10 per day

Basketball Skills
Instructor: John Terry
Days: Mon. & Sat.
Time: Mon. 6 - 8 p.m. & Sat. 4 - 6 p.m.
Phone: (505) 281-8021

Boy Scouts
Instructor: Varied
When: Every other Monday

Karate
Instructor: John Swenson
When: Tues. & Thurs.
Time: 5-7yrs. 4:15 p.m. - 5 p.m.
8-12yrs. 5 p.m. - 5:45 p.m.
Phone: (505) 307-8212

Tutoring
Instructor: Christine Case
When: Weds by appointment
Phone: (505) 281-1434

Kids Drawing
Instructor: Megan Prescott
When: Mondays
Time: 4 - 5:30 p.m.
Phone: (512) 919-2102

Teen- Mex Migs Training Camp
Instructor: Miguel Nieto
When: Mon/Wed/Fri/Sat
Time: 3 - 4:30 p.m.
Phone: (505) 697-2241

Guitar Lesson
Instructor: John Paul Jones
When: Thursdays Time: 4 - 5 p.m.
Phone: (505) 379-4205

Wrestling Skills (Jan 21, 2015)
Instructor: Rick Cardwell
When: Wednesdays
Time: 4 - 5:30 p.m.
Phone: (505)468-7500

Youth Volleyball
Contact: Marica Romero
When: (TBA)
Practice: Wednesday
Games: Friday 6 & 8 p.m.

Parents Night Out
Contact: (505) 468-7500
When: Friday, Dec 19, 2014
Time: 4:30 p.m. - 9:30 p.m.

50+ PROGRAMS

Ping-Pong
Monday & Friday
Large Room: 12:30 p.m. - 2:30 p.m.
Contact Marica Romero
Book Club, Cards, Field Trips, Scrabble
Contact: Marica Romero
Phone: (505) 468-7500

Mah Jong
Contact: Marica Romero
Phone: (505) 468-7500
Wednesdays 11 a.m. - 2 p.m.
Where: Arts & Crafts Room

COMMUNITY

Vista Grande Church
Sunday Services 9 a.m. Phone: (505) 228-7890

East Mountain Centre for Theater
www.Emct.org Phone: (505) 286-1950

Humanity Quilters
Thursday
Where: Art Room
When: 2nd Tues. Monthly Time: 9 a.m. - Noon

Garden Club
When: 2nd Tuesday of each month
Time: 9 a.m. - Noon
Instructor: Lynn Buhaug Phone: (505) 281-6310

High Desert Pipes & Drums Band
When: Tuesday Time: 6 - 8 p.m.
Instructor: Patricia Phone: (505) 220-5706

Easter Egg Hunt
When: March 29, 2015 Time: 2 - 4 p.m.
Contact: (505) 468-7500

Spring Break Camp
Contact: (505) 468-7500
When: March 30 - April 2, 2015 Time: 7a.m. - 6 p.m.

Hunter Safety
Instructor: Eric Kelsh Register At: NM Game & Fish
Date of Classes:
Jan 31 - Feb. 1, 2015 8 a.m. - 4:30 p.m.
Feb 28 - March 1, 2015 8 a.m. - 4:30 p.m.
March 14 - March 15, 2015 8 a.m. - 4:30 p.m.

YOUTH & ADULT OPEN GYM

Basketball
When: Tues. & Thurs.
Time: Tues. 6:30 p.m. - 8:30 p.m.
Sat. 4 p.m. - 6 p.m.

Volleyball
When: Weds., Fri. & Sat.
Time: Wed. & Fri. 6:30 p.m. - 8:30 p.m.
Sat. Noon - 2 p.m.

Family Open Gym
½ Court Basketball & Volleyball ½ Court
When: Sun. 8 a.m. - Noon

ADULT

Zumba AM
Instructor: Julie Mason
Phone: (505) 480-0445
When: Mon., Weds. & Fri.
9:15 - 10:15 a.m.

Strength Training
Instructor: Becky MacGregor
Phone: (505) 286-1440
When: Mon. 10:30 - 11:30 a.m.

Indoor Cycling
Instructor: Becky MacGregor
Phone: (505) 286-1440
When: Wed. 5:45 - 6:45 p.m.

Zumba PM
Instructor: Marian
Phone: (505) 286-1702
When: Wed. 6 - 7 p.m.
Sat. 10:10 a.m. - 11:10 a.m.

Strength/ Cardio
Instructor: Becky MacGregor
Phone: (505) 286-1440
When: 10:30 a.m. - 11:30 a.m.

Bands, Bodyweight & Balance
Instructor: Becky MacGregor
Phone: (505) 286-1440
When: Thurs. 10:30 a.m. - 11:30 a.m.

Family Friendly Yoga
Instructor: Danielle Duryea
Phone: (505) 264-5526
Time: Mon. - 4:30 p.m. - 5:30 p.m.
Wed. - 9:30 a.m. - 10 a.m.
Fri. - 9:30 a.m. - 10 a.m.

Yoga Basics
Instructor: Donna Bandy Barateau
Phone: (505) 506-9936
When: Tues. & Thurs.
Time: 9 a.m. - 10 a.m.

Watercolor
Instructor: Kathy Gaither
Phone: (505) 281-0941
When: Tues. & Weds.
Time: 8:30 a.m. - 11:30 a.m.

Yoga Cardio Blender
Instructor: Danielle or Jane
Phone: (505)264-5526 Or
(505)463-9487
When: Tues./Thurs.
Time: 10:30 a.m. - 11:45 a.m.

Guitar Lesson
Instructor: John Paul Jones
When: Thurs.
Time: 4 - 5 p.m.
Phone: (505) 379-4205

Intro to Fitness
Instructor: Becky MacGregor
By Appointment
Phone: (505) 286-1440