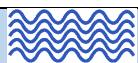


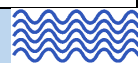
GROUP FITNESS *FEBRUARY* 2018

(CLASS DESCRIPTIONS ON BACK)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am	 SPINNING Stephanie	  Cheryl	 SPINNING Warren	 Stephanie	 SPINNING Kathryn		
8-9am	Yoga Michele	Barre Alana	Yoga Michele	Yoga Debbie	Yoga Leah	Yoga Michele/ Nina	
9-10am	 Amy	 Victoria	 Stephanie	 Karen	Power Circuit! Cheryl	 Cheryl	
10-11am	Forever Fit Amy	Pilates Leslie	Forever Fit Bill	Yoga Barre Ana	Forever Fit Cheryl	 Angel	 Tricia
11am - Noon	 SPINNING Leslie		 SPINNING Amy		 SPINNING Leslie	 Jessica	
NOON	 Amy	Yoga Raquela	 (30 minutes) Amy		 Amy	 575-758-1980 www.taosspa.com Hours: Monday-Thursday 5am-9pm Fri: 5am-8pm Saturday-Sunday 7am-8pm	
4:30-5:30pm	 Jessica				Yoga Rob		
5:30-6:30pm	 Stephanie	 Marcos	 Jaki	 Marcos	 Amy		
6:30-7:30pm	 (30 minutes) Stephanie		 Jaki				



WATER CLASSES



9-10am	H2 Core <i>Ana</i>	Aqua Fit <i>Paula</i>	Aqua Circuit <i>Paula</i>	Aqua Fit <i>Jessica</i>	Aqua Fit <i>Jessica</i>		
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