

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

Sign up for our

Stay Healthy & Sound Membership \$89 + tax

Participate in 8 Wellness Classes of your choice, 2 Vibroacoustic Sound Therapy Sessions & 4 one hour pool sessions per month

(classes & sessions must be scheduled online; membership not valid for Friend & Family add on)



Or Drop-in for only \$8 + tax *(upon availability)*

IMPORTANT NOTE: Class schedules will be 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. Schedule Classes Online or Contact Instructors for availability

SCHEDULE YOUR CLASSES ONLINE AT GARDENGATESPA.COM

Pam 505-321-0542 Sharon Jonas 505-814-4900 Karen 505-818-9547 Tena 505-450-5966

FREE Classes June 15-30 Sign up for Memberships starting July 1st

MONDAY

Aqua Aerobics 8:00AM - 9:00AM with Karen POOL
Aqua Aerobics 9:15AM - 10:15AM with Karen POOL
Arthritic Aqua Exercise 5:00PM - 6:00PM with Pam POOL

TUESDAY

Aqua Aerobics 8:00AM - 9:00AM with Karen POOL
Chair Yoga 8:45AM - 10:00AM with Sharon STUDIO/OUTDOOR
Aqua Aerobics 9:15AM - 10:15AM with Pam POOL
Aqua Zumba 4:00PM - 5:00PM with Tena POOL

WEDNESDAY

Aqua Aerobics 8:00AM - 9:00AM with Karen POOL
Aqua Aerobics 9:15AM - 10:15AM with Karen POOL
Gentle Flow Yoga 10:00AM - 11:00AM with Sharon STUDIO/OUTDOOR
Arthritic Aqua Exercise 5:00PM - 6:00PM with Pam POOL

THURSDAY

Aqua Aerobics 8:00AM - 9:00AM with Karen POOL
Aqua Aerobics 9:15AM - 10:15AM with Pam POOL
Aqua Zumba 4:00PM - 5:00PM with Tena POOL

FRIDAY

Aqua Aerobics 8:00AM - 9:00AM with Karen POOL
Aqua Aerobics 9:15AM - 10:15AM with Karen POOL
Arthritic Aqua Exercise 5:00PM - 6:00PM with Pam POOL

THINGS TO REMEMBER:

All class fees are non-refundable and require a 24-hr cancellation notice

Bring your own robe, towels & non-slip footwear (locker room amenities not available at this time)

Check in for class at front desk/Check out through pool gate

Steam room, showers and dry sauna are NOT OPEN AT THIS TIME

Toilets are available in the locker rooms

Outdoor showers available for rinsing off before and after class

All classes are subject to availability, secure your spot by scheduling online or with your instructor CALL/TEXT

All classes are subject to change and/or cancel at any time without notice