

Center for Ageless Living Spa & Green Leaf Studio Classes
 05 Thomas Rd. Los Lunas, Nm 87031 Just north of South El Cerro Loop
 505-865-8813 ext. 1 www.gardengatespa.com

Sun & Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
	9am Aquatics w/Mariepaule (till 3/27)		9am Aquatics w/Mariepaule (till 3/29)	More classes coming soon check for updates online or follow us on facebook	9am Aquatics Arthritis w/Pam (till 3/31)
	10:30am Beginning yoga w/Christina	Third Wednesday of each month FREE Meditation held in Green Leaf Studio	10:30am Beginning yoga w/Christina		
	12 NOON Chair yoga w/Christina		12 NOON Chair yoga w/Christina		
	Individual Session <i>(please call to set up consult)</i>				
	4:30 Pilaties/Yoga w/Christina				
	5:30 PM Water Zumba w/Tena Begins 4/3		5:30 PM Water Zumba w/Tena Begins 4/5		

Beginning Yoga: A gentle approach to Hatha and Lyengar Asana, breathing techniques and meditation

Chair Yoga: Seated, this class focuses on range of movement, strengthening and flexibility, perfect for less mobile peers

Pilaties/Yoga: core strengthening with pilaties & yoga asanas

Yoga Classes are \$5.00 per class, or \$40 for 8 classes punch card get 9th class FREE

Water Aerobic Session run 8-10 weeks price varies per session (Jan. 31st—Mar. 31st \$39.42)