



Ongoing Classes



Arts and Crafts

Drawing, Painting &

Art Critique

Saturday, 9:00am - 11:00am

Learn to Draw w/ Kelly

Friday, 9:00am - 11:00am

Watercolor for Adults

Tuesday, 9:00am - 12:00pm

Quilting Cluster

Friday, 10:00am - 4:00pm

Knitting Guild

1st Saturday of the month

12:00pm - 3:00pm

ABQ Modern Quilt Guild

1st Tuesday of the month

6:00pm - 8:30pm

Photography

Wednesday, 8:30am - 11:30am

Thursday, 6:00pm - 8:00pm

Knitting Circle

2nd Thursday of the month

10:00am - 12:00pm

Art Club

3rd Saturday of the month

12:00pm - 2:30pm

Card Making

Thursdays

10:30am - 11:30am

Bible Oriented

Prayer Battle

Friday, 9:00am - 10:30am

Bible Study

Wednesday, 9:00am - 10:00am

Community Bible Study

Wednesday, 6:30pm - 8:30pm

***Zumba \$**

Monday, Wednesday, Friday,

& Saturday

9:10am - 10:10am

Tuesday (GOLD)

9:10am - 10:10am

Thursday, 9:15 - 10:10am

Aikido

Friday, 6:30pm - 7:45pm

Saturday, 9:30am - 11:45am

***Jazzercise \$**

Monday & Wednesday

5:40pm - 6:40pm

Tuesday & Thursday

4:30pm - 5:30pm

Saturday, 10:15am - 11:15am

*Ask the front desk for more times!

***Zumbini \$**

For ages 0-4yrs old

Wednesday, 1:30pm - 2:30pm

***\$ Symbols indicate the class has a separate fee. Please speak w/ instructor.**

Health

TOPS

Tuesday, 10:00am - 12:00pm

ALS Support Group

1st Tuesday of the Month

4:00pm - 6:00pm

Fibromyalgia Support

Tuesday, 1:00pm - 3:00pm

ABQ Grief Support

Friday, 12:00pm - 1:30pm

GEHM Clinic

Wednesday, April 17, 2019

Language

***Beginning Spanish: Level 2 \$**

Friday, 12:30pm - 1:30pm

***Intermediate Spanish: Level 2 \$**

Wednesday, 9:00am - 10:00am

***Intermediate/Advanced Spanish \$**

Wednesday, 10:30am - 11:30am

***Conversational Spanish \$**

Wednesday, 10:15am - 11:15am

Beginning French

Thursday, 11:30am - 12:30pm

Lower Intermediate French

Thursday, 1:00pm - 2:30pm

Intermediate French

Saturday, 9:30am - 11:00am

Computer

Word 2010 & Up, Working with Photos

April 17, 18, 23, 24

Please Sign Up at the Front Desk!

Railroad Club Youth/ Adult

2nd Saturday of the month

9:00am - 3:00pm

District 4 Councilman Winter

3rd Wednesday of the month

6:30pm - 8:30pm

Toastmasters (Sandia)

2nd & 4th Wednesday of the month

5:30pm - 7:30pm

Toastmasters

"Off-the-Cuff"

3rd Wednesday of the month

5:45pm - 7:15pm

Northeast Area Command

Community Police

Council

2nd Tuesday of the month

6:30pm - 9:00pm

AARP

First Saturday of every month.

10:30am - 2:30pm

Sign up at the front desk!

Fitness

Enhance Fitness

Monday, Wednesday & Friday

8:05am - 9:05am &

10:15am - 11:15am

Tai Chi (donation)

Friday, 11:30am - 12:30pm

***Kendo \$**

Wednesday, 6:45pm - 8:45pm

***Taekwondo \$**

Monday, Tuesday & Thursday

7:15pm - 8:15pm

Feldenkrais

Thursday, 9:30am - 10:30am

Thursday, 6:00pm - 7:00pm

***Yoga \$**

Monday, 9:00am - 10:00am

Tuesday, 5:00pm - 6:00pm

Wednesday, 5:00pm - 6:00pm

Friday, 1:00pm - 2:00pm

Beginning/Intermediate Ballroom

Thursday, 7:00pm - 8:00pm

Saturday, 11:45pm - 2:30pm

Beginning Line Dance

Thursday, 1:30pm - 3:00pm

Intermediate Line Dance

Tuesday, 5:45pm - 7:30pm

Other

Aviation History Group

1st Thursday of the month

7:00pm - 8:30pm

NM Woodturners

1st Saturday of the month

9:00am - 2:45pm

ABQ Woodworkers

3rd Saturday of the month

9:00am - 1:00pm




Wordwrights Writing Class

Monday, 1:30pm - 3:30pm

North Domingo Baca Sports & Fitness Center Class Schedule

(updated 02-20-19)

**THESE CLASSES ARE HELD IN THE AEROBICS ROOM (8) UPSTAIRS
UNLESS OTHERWISE INDICATED.**

Sat.	Mon.	Tues.	Wed.	Thurs.	Fri.
	Aerobics 8:15-9:15a \$.50	Chinese Dance 8:00-10:00am FREE	Aerobics 8:15-9:15a \$.50	Qi Gong 9-10 am Dimitri \$5 Class	Aerobics 8:15-9:15a \$.50
Chinese Folk Dance (All Ages) 9:00-11:00a Free	Gentle Exercise 9:30-10:30a \$.50	Flex & Tone IN SOCIAL HALL 10:15-11:15a \$.50	Gentle Exercise 9:30-10:30a \$.50	Flex & Tone IN SOCIAL HALL 10:15-11:15a \$.50	Gentle Exercise 9:30-10:30a \$.50
Kung Fu (All Ages) (David) 11:15-1:15p Free 	Yoga (Beg./Int.) (Mindy) 10:40-11:40a \$6/class	Tai Chi (Theresa) 10:30-11:30a \$5/class		Yoga (Beg./Int.) (Mindy) 10:30-11:30a \$6/class 	Kundalini Yoga & Meditation Beginning Again: March 8th (Jenna) 11:00-12:30p \$10/class
					
		Yoga With Ashley 3:30 pm-4:45 pm FREE		Chinese Folk Dance (All Ages) 2:30-4:00p Free	
	Indian Classical Bharata Natyam Dance w/Shalaka Starting January 7 th 4:30-5:30 \$20	Hula & Hawaiian Culture (Cindi) 5:00-6:00 PM \$5/class 	Yoga With Ashley 4:30-5:45 pm FREE	Dance with Shalaka Indian Classical Bharata Natyam Starting January 7 th 4:30-5:30 pm \$20	
	Vinyasa Flow Yoga Mixed Levels (Misa) 5:45-7:00p \$5/class	Aikido Weapons (Charles) 6:15-7:15 pm \$4/Class	NEW! Middle Eastern Beginning Belly Dance Class (Mariella) 5:55-6:55P \$5/\$10/\$33	Yoga Fitness (Fadia) 6:00-7:00p \$5/Class	Dance with Shalaka Indian Classical Bharata Natyam Starts January 11 4:15-6:15 PM \$20
	Argentine Tango (John) 7:15-8:45p \$15/class	Aikido (Charles) 7:15-8:30p \$4/class	LINE DANCING (Barbara) 7-8:30 PM FREE 	 Aikido (Charles) 7:15-8:30p \$4/class	Chinese Dance Team for Fitness & Happiness 7:00 -8:30 pm FREE