

# Ongoing Classes

## Arts and Crafts Classes

### Drawing

Saturday, 9:15 am—11:15 am

### Learn to Draw with Kelly

Friday, 9:00 am—11:00 am

### Photography

Wednesday 8:30 am—11:30 am  
Thursday, 6:00 pm—8:00 pm

### Quilting Circle

Friday, 10:00 am—4:00 pm

### Watercolor for Adults

Tuesday, 9:00 am—12:00 pm

### Watercolor For Fun

Monday, 8:30 am—12:00 pm

## Miscellaneous

### Rotary Club of Albuquerque

Tuesday's, 11:30 am-1:30 pm  
2nd Tuesday 10:30 am—1:30 pm

### Toastmasters (Sandia)

2nd and 4th Wednesday  
5:30 pm—7:30 pm

### Toastmasters "Off-the-cuff"

Third Wednesday of month  
5:45 pm—7:15 pm

### Northeast Area Command Community Police Council

2nd Tuesday of month  
6:30 pm—9:00 pm

## Health

### Reversing Brain Drain

2nd Wednesday, 6:30 pm—7:30 pm

### Chair Massage

Thursdays, 10:00 am—2:00 pm

### GEHM Clinic

March 15, 9:00 am—1:00 pm

### Ask the Drug Expert

Fridays, 9:00 am—10:30 am

### Great Health, What's Food Got To Do With It?"

Wednesday March 7  
7:00-8:00pm  
Dr. Paul Williams  
Contact :April Nolz  
(406) 781-2868

## Other

### Milestones & History of Science/ Religion

1st Monday, 6:30 pm—8:30 pm

### Wordwright's Writing

Monday, 1:30 pm—3:30 pm

### Laughter Group

Wednesday, 10:15 am—11:00 am

### Spanish: Beginning, Level 1

Saturday, 12:30 pm —1:30 pm

### Spanish: Beginning, Level 2

Wednesday, 9:00 am—10:00 am

### Spanish: Intermediate/Advanced

Wednesday, 10:30 am —11:30 am

### French I & II

Wednesday, 11:00 am—12:15 pm  
Wednesday, 1:00 pm—2:30 pm

## Bible Oriented

### Family Centered

#### Prayer Battle

Friday, 9:00 am—10:30 am

### Bible Study

Wednesday, 9:00 am—10:00 am

### Beginning Hebrew

Saturday, 1:00 pm—2:30 pm

### Men's Bible Study

Monday, 9:00 am—10:30 am

## Computer

### Windows 10 & Word 2010 For Beginners

March 7, 8, 13, 14  
9:45 am—12:00 pm

## Fitness Classes

### EnhanceFitness

Monday, Wednesday, Friday  
8:05 am—9:05 am and 10:15 am—11:15 am

### Tai Chi

Friday, 11:30 am—12:30 pm

### Kendo

Wednesday, 6:45 pm—8:45 pm

### Taekwondo

Monday, Tuesday and Thursday  
7:15 pm—8:15 pm

### Feldenkrais

Thursday, 9:30 am—10:30 am  
Thursday, 6:00 pm—7:00 pm

### Jazzercise: \$

Monday, 4:30 pm—5:30 pm  
Monday, 5:40 pm—6:40 pm  
Tuesday, 4:30 pm—5:30 pm  
Wednesday & Thursday, 5:40—6:40 pm

### Yoga

Monday, 9:00 am—10:00 am  
Friday, 1:00 pm—2:00 pm

### ZUMBA

Monday, Wednesday, Friday, 9:10 am-  
10:10 am

### ZUMBA

Tuesday, (GOLD)9:00—10:00am  
Tuesday, 9:15 - 10:15am  
Thursday, 9:15 - 10:10 am

### Beginning Ballroom Dance

Thursday, 7:00 pm—8:00 pm  
Saturday, 10:30 am—12:45 pm

### Beginning Line Dance

Thursday, 1:30 pm—3:00 pm

### Intermediate Line Dance

Tuesday, 5:45 pm—7:30 pm



## North Domingo Baca Sports & Fitness Center Class Schedule

(updated 1/22/18)



| Sat.  | Mon.   | Tues.  | Wed.  | Thurs.   | Fri.  |
|---|--|--|---|--|---|
|   | Aerobics<br>(Mia)<br>8:15-9:15a<br>\$.50 donation                          | ZUMBA<br>(Gaby)<br>9:15-10:15a   | Aerobics<br>(Mia)<br>8:15-9:15a<br>\$.50 donation                                     |  | Aerobics<br>(Mia)<br>8:15-9:15a<br>\$.50 donation                           |
| Chinese Folk Dance<br>(All Ages)<br>9:00-11:00a<br>Free | Gentle Exercise<br>(Mia)<br>9:30-10:30a<br>\$.50 donation                  | Flex & Tone<br>IN SOCIAL HALL<br>(Mia)<br>10:15-11:15a<br>\$.50 donation | Gentle Exercise<br>(Mia)<br>9:30-10:30a<br>\$.50 donation                             | Flex & Tone<br>IN SOCIAL HALL<br>(Mia)<br>10:15-11:15a<br>\$.50 donation | Gentle Exercise<br>(Mia)<br>9:30-10:30a<br>\$.50 donation                   |
|   | Yoga (Beg./Int.)<br>(Mindy)<br><br>10:45-11:45a<br>\$6/class               | Tai Chi<br>(Theresa)<br>10:15-11:15a<br>\$5/class                        | TVE QI-GONG<br>WELLNESS<br>10:30-11:30a<br>(Dimitri)<br>\$20/4 consecutive<br>classes | Yoga (Beg./Int.)<br>(Mindy)<br><br>10:30-11:30a<br>\$6/class             | Kundalini Yoga &<br>Meditation<br><br>(Jenna)<br>11:00-12:30p<br>\$10/class |
|   |  |  |   |  |   |
|   |  |  |   |  |   |
|   | Closed 2:00-2:30p  | Closed 2:00-2:30p  |   | Closed 2:00-2:30p  | Closed 2:00-2:30p   |
|   | Tribal Belly Dance<br>(Lisa)<br>2:30-3:30p<br>\$5/class                    | Mat Pilates<br>(Ericka)<br>3:30-4:30p<br>\$.50 donation                  |   | Chinese Folk Dance<br>(All Ages)<br><br>2:30-4:00p<br>Free               | Hard Core Abs<br>(Ericka)<br>4:00-4:30p<br>\$.50 donation                   |
|   | Crosstrain<br>(Ericka)<br>4:00-4:30p<br>\$.50 donation                     | Hula & Hawaiian<br>Culture<br><br>4:45-5:45p<br>\$5/class                | Body Works Plus<br>Abs<br><br>(Ericka)<br>3:45-4:45p<br>\$.50 donation                |  | Belly Dance<br>Foundations<br><br>(Lisa)<br>5:00- 6:30p<br>\$5/class        |
|   | Vinyasa Flow Yoga<br>Mixed Levels<br><br>(Misa)<br>5:45-6:45p<br>\$5/class | Dance Fit<br>(Ericka)<br>6:15-6:45p<br>\$.50 donation                    |   |  |   |
|   |  | Aikido<br><br>(Charles)<br>7:15-8:30p<br>\$4/class                       | Aikido<br><br>(Charles)<br>6:30-7:45p<br>\$4/class                                    | Aikido<br><br>(Charles)<br>7:15-8:30p<br>\$4/class                       |   |