

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

Miscellaneous

Rotary Club of Albuquerque

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

Toastmasters "Off-the-cuff"

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

Tumbleweeds Toastmasters

First Friday of month
5:30 pm—7:00 pm

Toastmasters (Sandia)

2nd and 4th Wednesday
5:30 pm—7:30 pm

1:00 pm—2:30 pm

Health

Reversing Brain Drain

2nd Wednesday, 6:30 pm—7:30 pm

Chair Massage

Thursdays, 10:00 am—2:00 pm

GEHM Clinic

June 13th, 9:00 am—1:00 pm

Ask the Drug Expert

Fridays, 9:00 am—10:30 am

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

Friday, 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

Publisher 2010 & Up, Level 1

June 20, 21, 26, 27
9:45 am—12:00 pm

Community

NE Area Command Community Police Council

Second Tuesday of Month

6:00 pm—8:30 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—6:40 pm
Tuesday, 8:05—9:05 am 4:30—5:30 pm
Wednesday & Thursday, 4:30—6:40 pm

Yoga

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

ZUMBA

Monday, Wednesday, Friday, 9:05 am-
10:05 am

ZUMBA

Tuesday, (GOLD) 9:05 - 10:05am
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 5/14/18)



	Mon.	Tues.	Wed.	Thurs.	Fri.
	Aerobics (Mia) 8:15-9:15a \$.50 donation	ZUMBA (Gaby) 9:15-10:15a	Aerobics (Mia) 8:15-9:15a \$.50 donation	Chair Yoga Fitness (Fadia) 8:30-9:30 a \$5/class	Aerobics (Mia) 8:15-9:15a \$.50 donation
Chinese Folk Dance (All Ages) 9:00-11:00a Free	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation	Flex & Tone IN SOCIAL HALL (Mia) 10:15-11:15a \$.50 donation	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation	Flex & Tone IN SOCIAL HALL (Mia) 10:15-11:15a \$.50 donation	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation
	Yoga (Beg./Int.) (Mindy) 10:40-11:45a \$6/class	Tai Chi (Theresa) 10:15-11:15a \$5/class	TVE QI-GONG WELLNESS 10:30-11:30a (Dimitri) \$20/4 consecutive classes	Yoga (Beg./Int.) (Mindy) 10:30-11:30a \$6/class	Kundalini Yoga & Meditation (Jenna) 11:00-12:30p \$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 (Lisa) 2:30-3:30p \$5/class	Mat Pilates (Ericka) 3:30-4:30p \$.50 donation		Chinese Folk Dance (All Ages) 2:30-4:00p Free	Hard Core Abs (Ericka) 4:00-4:30p \$.50 donation
	Crosstrain (Ericka) 4:00-4:30p \$.50 donation	Hula & Hawaiian Culture 4:45-5:45p \$5/class	Body Works Plus Abs (Ericka) 3:45-4:45p \$.50 donation	Beginners Hula & Hawaiian Culture 4:45-5:45p \$5/class	Belly Dance Foundations (Lisa) 5:00- 6:30p \$5/class
	Vinyasa Flow Yoga Mixed Levels (Misa) 5:45-7:00p \$5/class	Dance Fit (Ericka) 6:15-6:45p \$.50 donation		Yoga Fitness (Fadia) 6:00-7:00p \$5/Class	
		Aikido (Charles) 7:15-8:30p \$4/class		Aikido (Charles) 7:15-8:30p \$4/class	