






Ongoing Classes




<p>Arts and Crafts </p> <p>Drawing, Painting & Art Critique Saturday, 9:00am - 11:00am</p> <p>Learn to Draw w/ Kelly Friday, 8:00am - 11:00am</p> <p>Watercolor for Adults Tuesday, 9:00am - 12:00pm</p> <p>Watercolor 101 Monday, 9:00am - 12:00pm</p>	<p>Quilting Cluster Friday, 10:00am - 4:00pm</p> <p>Knitting Guild 1st Saturday of the month 12:00pm - 3:00pm</p> <p>ABQ Modern Quilt Guild 1st Tuesday of the month 6:00pm - 8:30pm</p> <p>Photography Wednesday, 8:30am - 11:30am Thursday, 6:00pm - 8:00pm</p>	<p>Knitting Circle 2nd Thursday of the month 10:00am - 12:00pm</p> <p>Art Club 3rd Saturday of the month 12:00pm - 2:30pm</p> <p>Card Making 3rd Saturday of the month 10:30am - 11:30am</p>	<p>Bible Oriented </p> <p>Prayer Battle Friday, 9:00am - 10:30am</p> <p>Bible Study Wednesday, 9:00am - 10:00am</p> <p>Community Bible Study Wednesday, 6:30pm - 8:30pm</p>
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<p>Language </p> <p>*Beginning Spanish: Level 1 \$ Friday, 12:30pm - 1:30pm</p> <p>*Beginning Spanish: Level 2 \$ Wednesday, 9:00am - 10:00am</p> <p>*Intermediate/Advanced Spanish \$ Wednesday, 10:30am - 11:30am</p> <p>Beginning French Thursday, 11:00am - 12:30pm</p> <p>Lower Intermediate French Thursday, 1:00pm - 2:30pm</p> <p>Intermediate French Saturday, 9:30am - 11:00am</p>
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<p>Computer </p> <p>Excel 2010 & Up Level 2 Dates: November 7th, 8th, 13th, and 14th Please Sign Up at the Front Desk!</p>

<p>Railroad Club Youth/Adult 2nd Saturday of the month 9:00am - 3:00pm</p> <p>District 4 Councilman Winter 3rd Wednesday of the month 6:30pm - 8:30pm</p> <p>Toastmasters (Sandia) 2nd & 4th Wednesday of the month 5:30pm - 7:30pm</p>
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<p>Health </p> <p>TOPS Tuesday, 10:00am - 12:00pm</p> <p>ALS Support Group 1st Tuesday of the Month 4:00pm - 6:00pm</p> <p>Fibromyalgia Support Tuesday, 1:00pm - 3:00pm</p>

<p>ABQ Grief Support Friday, 12:00pm - 1:30pm</p> <p>GEHM Clinic Wednesday, November 7th 9:00am - 11:00am</p>

<p>Fitness </p> <p>Enhance Fitness Monday, Wednesday & Friday 8:05am - 9:05am & 10:15am - 11:15am</p> <p>Tai Chi (donation) Friday, 11:30am - 12:30pm</p> <p>*Kendo \$ Wednesday, 6:45pm - 8:45pm</p> <p>*Taekwondo \$ Monday, Tuesday & Thursday 7:15pm - 8:15pm</p> <p>Feldenkrais Thursday, 9:30am - 10:30am Thursday, 6:00pm - 7:00pm</p> <p>*Yoga \$ Monday, 9:00am - 10:00am Tuesday, 5:00pm - 6:00pm Friday, 1:00pm - 2:00pm</p> <p>Beginning Ballroom Thursday, 7:00pm - 8:00pm Saturday, 10:30am - 12:30pm</p>
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<p>Beginning Line Dance Thursday, 1:30pm - 3:00pm</p> <p>Intermediate Line Dance Tuesday, 5:45pm - 7:30pm</p> <p>*Zumba \$ Monday, Wednesday, Friday, & Saturday 9:10am - 10:10am Tuesday (GOLD) 9:10am - 10:10am Thursday, 9:15am - 10:10am</p> <p>Aikido Friday, 6:30pm - 7:45pm Saturday, 9:30am - 11:45am</p> <p>*Jazzercise \$ Monday & Wednesday 5:40pm - 6:40pm Tuesday & Thursday 4:30pm - 5:30pm *Ask the front desk for more times!</p> <p>*Zumbini \$ For ages 0-4yrs old Wednesday, 1:30pm - 2:30pm</p> <p>*\$ Symbols indicate the class has a separate fee. Please speak with instructor.</p>
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<p>Other</p> <p>Aviation History Group 1st Thursday of the month 7:00pm - 8:30pm</p> <p>NM Woodturners 1st Saturday of the month 9:00am - 2:45pm</p> <p>ABQ Woodworkers 3rd Saturday of the month 9:00am - 1:00pm</p> <p>Wordwrights Writing Class Monday, 1:30pm - 3:30pm</p>

North Domingo Baca Sports & Fitness Center Class Schedule

(updated 10/05/18)

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

Sat.	Mon.	Tues.	Wed.	Thurs.	Fri.
	Aerobics (Mia) 8:15-9:15a \$.50 donation		Aerobics (Mia) 8:15-9:15a \$.50 donation		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
Kung Fu (All Ages) (David) 11:15-1:15p Free 	Yoga (Beg./Int.) (Mindy) 10:40-11:45a \$6/class	Tai Chi (Theresa) 10:30-11:30a \$5/class	New Yoga Class ALL LEVELS YOGA HOUR (Sarah) 10:45 – 11:50 am \$6/class	Yoga (Beg./Int.) (Mindy) 10:30-11:30a \$6/class	Kundalini Yoga & Meditation (Jenna) 11:00-12:30p \$10/class 
	NEW TIME 			Chinese Folk Dance (All Ages) 2:30-4:00p Free	
		Hula & Hawaiian Culture  (Cindi) 5:00-6:00 PM \$5/class	Yoga With Ashley 4:30-5:45 pm FREE		Yoga With Ashley 4:30-5:45 pm FREE
	Vinyasa Flow Yoga Yoga Mixed Levels (Misa) 5:45-7:00p \$5/class		LINE DANCING (Barbara) 7 – 8:30 PM \$2/Class 	Yoga Fitness (Fadia) 6:00-7:00p \$5/Class	
	Argentine Tango (John) 7:15-8:45p \$15/class	Aikido (Charles) 7:15-8:30p \$4/class		Aikido (Charles) 7:15-8:30p \$4/class 	Dance for Fitness & Happiness 7:00 -8:30 pm FREE 