



# Class Schedule

[www.bridgetohealthnm.org](http://www.bridgetohealthnm.org)

Download the app: *Fit by Wix*, use code BRIDGENM  
(505) 591-4200 628 Riverside Drive, Suite C, Espanola, NM

## MONDAYS

9:45 am Zumba GOLD  
10:45 am Drums Alive, Golden Beats  
12:00 pm Essentrics  
1:00 pm Jazzercise  
5:00 pm Zumba\*  
6:00 pm Cardio Sculpt Jazzercise\*

## TUESDAYS

9:00 am Total Body Jam  
10:15 am Chair Cardio Strength  
12:00 pm Embodied Yoga  
5:00 pm Cardio Sculpt Jazzercise\*  
6:00 pm Zumba\*

## WEDNESDAYS

9:45 am Zumba GOLD  
10:45 am Sitting Strong  
12:00 pm Essentrics  
1:00 pm Jazzercise  
5:00 pm Zumba\*  
6:00 pm Cardio Sculpt Jazzercise\*

**\* FREE CHILDCARE during class**

## THURSDAYS

9:00 am Total Body Jam  
10:15 am Line Dancing  
12:00 pm Essentrics *(September only)*  
5:00 pm Cardio Sculpt Jazzercise\*  
6:00 pm Zumba\*

## SATURDAYS

9:00 am Buffet (a rotating class format.  
Ask for monthly schedule)

## OPEN GYM

8:00 am - 6:00 pm Monday-Thursday  
8:00 am - 5:00 pm Fridays

## REQUEST INFO ABOUT OUR OTHER SERVICES:

→ Open Gym  
→ Diabetes & Hypertension Management  
→ Fall Prevention  
→ Healthy Eating & Weight Management  
→ Instructor Training  
→ Workplace Wellness  
→ Events & Workshops  
→ Kids Club

**PRICING:** we accept most insurance fitness  
benefits and price on a sliding scale.  
**We always make it work for you!**