



Bridge To
Health NM

Class Schedule

www.bridgetohealthnm.org

app: *Fit by Wix*, code BRIDGENM

(505) 591-4200 628 Riverside Drive, Suite C, Espanola, NM

MONDAYS

10:00 am Zumba GOLD
12:00 pm Sculpt30 Jazzercise*
12:30 pm Essentrics*
5:00 pm Zumba*
6:00 pm Cardio Sculpt Jazzercise*

TUESDAYS

9:00 am Total Body Jam
10:00 am Chair Cardio Strength
11:00 am Chair Stretch
12:00 pm Breathe & Flow Yoga*
5:00 pm Cardio Sculpt Jazzercise*
6:00 pm Zumba*

WEDNESDAYS

5:30 am Zumba
10:00 am Zumba GOLD
12:00 pm Sculpt30 Jazzercise*
12:30 pm Essentrics*
5:00 pm Zumba*
6:00 pm Cardio Sculpt Jazzercise*

*** FREE CHILDCARE during class**

THURSDAYS

9:00 am Total Body Jam
10:00 am Chair Cardio Strength
11:00 am Chair Stretch
12:00 pm Breathe & Flow Yoga*
5:00 pm Cardio Sculpt Jazzercise*
6:00 pm Zumba*

FRIDAYS

4:00 pm Tai Chi

SATURDAYS

1st, 3rd, 4th, 5th Saturdays:

8:00 am Cardio Sculpt Jazzercise

2nd Saturday: 8:00 am Zumba

9:00 am Essentrics

10:00 am Sitting Meditation

REQUEST INFO ABOUT OUR OTHER SERVICES:

- Personal Training
- Motivation Course
- Fall Prevention
- Healthy Eating & Weight Management Course
- Instructor Training
- Workplace Wellness

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