



Bridge To
Health NM

Class Schedule

www.bridgetohealthnm.org

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

MONDAYS

9:00 am Walking Club
9:45 am Zumba GOLD
10:45 am Drums Alive, Golden Beats
12:00 pm Essentrics
1:00 pm Jazzercise
2:00 pm Strong & Steady
5:00 pm Zumba
6:00 pm Cardio Sculpt Jazzercise

TUESDAYS

9:00 am Total Body Jam
10:15 am Chair Cardio Strength
12:15 pm Cardio 30 Express
5:00 pm Cardio Sculpt Jazzercise
6:00 pm Zumba

WEDNESDAYS

9:00 am Walking Club
9:45 am Zumba GOLD
10:45 am Drums Alive, Golden Beats
12:00 pm Essentrics
1:00 pm Jazzercise
2:00 pm Strong & Steady
5:00 pm Zumba
6:00 pm Cardio Sculpt Jazzercise

THURSDAYS

9:00 am Total Body Jam
10:15 am Line Dancing
11:15 am Essentrics
5:00 pm Cardio Sculpt Jazzercise
6:00 pm Zumba

FRIDAYS

10:00 am Nia Joyful Dance
Trainer On Duty: 2nd & 3rd Fridays of the
month 10:00-11:00 am

SATURDAYS

9:00 am Buffet (a rotating class format; see online schedule)
10:15 am Yoga Variety

Gym

8:30 am - 6:00 pm Monday-Thursday
8:30 am - 5:00 pm Fridays

Health Behavior Change Workshops*

1st & 2nd Tuesdays of each month 1:00 pm

RISE Program Orientation*

1st Wednesday of each month 11:00 am*

**in person & on Zoom*

REQUEST INFO ABOUT OUR OTHER SERVICES:

- Diabetes, hypertension, heart health
- RISE Fall Prevention
- Bridge to Maternal Health
- Instructor Training
- Events & Workshops

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



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