



**SANDIA GROUP EXERCISE
JANUARY 2021 CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	 Amy Z.	 Adriana S.	 Amber E.	 Adriana S.	 Amber E.		
10:30 AM						 Amber E.	
12:00 PM				 Amy Z.			
5:30PM	 Jenna S.	 Sean F.	 Margeaux P.	 Sheryl G.	 Sarah H.		

- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class. Thank you

CLASS DESCRIPTIONS

BodyCombat™: Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BodyPump™: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

POUND® is the world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Zumba: Latin inspired moves and dance themes come together to create a dynamic, fun class.



3301 Juan Tabo NE, Albuquerque NM 87111 (505) 296-7000.

Please visit www.defined.com for class schedules and descriptions