

Teen/Adult Programs

YOGA in the Park

Vinyasa style yoga is a gentle flow class for all levels. Customized instruction will be offered to each individual, in order to guide them in adapting their practice to fit their own individualized abilities and intentions.

Tuesday Offerings:

- Session 1 - May 14 to June 25
- Session 2 - July 16 to August 27
- Tuesdays
- 6:00 PM to 7:00 PM
- Cabezon Community Park
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up

Thursday Offerings:

- Session 1 - May 16 to June 27
- Session 2 - July 18 to August 29
- Thursdays
- 6:00 PM to 7:00 PM
- Cabezon Community Park
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up



YOGA

Vinyasa style yoga is a gentle flow class for all levels. Customized instruction will be offered to each individual, in order to guide them in adapting their practice to fit their own individualized abilities and intentions.

Monday Offerings:

- Session 1 - May 13 to July 1 (No Class May 27)
- Session 2 - July 15 to August 26
- Mondays
- 6:00 PM to 7:00 PM
- Star Height Recreation Center
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up

Wednesday Offerings:

- Session 1 - May 15 to June 26
- Session 2 - July 17 to August 28
- Wednesdays
- 6:00 PM to 7:00 PM
- Star Heights Recreation Center
- Min 5 Max: 15
- \$30 per session
- Ages 16 and up



www.rnm.gov or 505-891-5015

T'ai Chi Chih

T'ai Chi Chih – serenity in the midst of activity – is a series of 19 movements and one pose, which were originated by Justin Stone. Mr. Stone taught T'ai Chi Ch'uan for many years before developing a new technique, which he called T'ai Chi Chih. T'ai Chi Chih is simple and easy to learn with benefits usually beginning from the first class. The gentle movements emphasize a flowing continuity and strongly stimulate the flow and balance of Chi or the "vital force" in the body.

Benefits of regular T'ai Chi Chih practice can include stress reduction, weight and blood pressure control, increased energy, and a greater enthusiasm for life. As the practitioner becomes relaxed, a new understanding and perspective is formed, creative energy flows more freely, and greater joy in everyday life becomes apparent.

- June 4 to July 23
- Tuesdays
- 6:30 PM to 7:30 PM
- Sabana Grande Art Center
- Min: 8 Max: 20
- \$40
- Ages 16 and up



Latin and Salsa

Step by step, the music of the popular social dance calls you to the floor. Come join us as we learn the movements of the Latin dances of the mambo, cha-cha, and more.

- June 7 to July 19 (No class July 5)
- Fridays
- 7:00 PM to 8:00 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 25
- \$35 per person
- Ages 16 and up

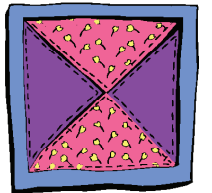
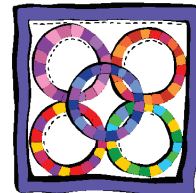


Thimbleweed Quilters

Members meet twice a month and work on a variety of projects. Learn some new techniques or brush up on some old ones. Stop by for a visit to see what we are all about, no obligation.

Registration Deadline: Ongoing

- 1st and 3rd Thursday of each month
- 9:30 AM to 2:00 PM
- Sabana Grande Recreation Center



- \$29 per fiscal year (renewed on July 1) Newsletters emailed monthly

\$16 Semi-Annually (July - December and/or January - June) Newsletters emailed monthly

- All ages are welcome.

Join the Thimbleweed Quilters for their annual quilt show on Sunday, April 28 from 10:00 AM to 3:00 PM where over 200 quilts will be on display! Vendors will be on site selling fabric, notions, and crafts. Some of the quilts on display will also be for sale. The show will take place at Veteran's Memorial Park, free admission.

SilverSneakers

Get more active with people just like you. Covered on a variety of insurance plans or through a YMCA membership, SilverSneakers includes functional fitness classes and strength training appropriate for every level, social events, and opportunities to make friends with other mature adults in your area.

If you already have the SilverSneakers benefit through insurance then participation is free.

For more information, call the YMCA directly at (505) 595-1515, press 1.

- Mondays, Wednesdays, and Fridays
- 9:30 AM to 10:30 AM (Arrive 5-10 minutes early to set up)
- Star Heights Recreation Center

