

Teen/Adult Programs

Beginner and Intermediate Adult Ballet

Have you always wanted to try ballet? Maybe you have danced before, and you would like to get back into it? This class is a fun, low-pressure environment to either learn the basics or to practice what you've learned before with the option of adding difficulty. Taught by a classically trained instructor with a degree in Modern Dance.

- **Session 1** - September 9 to October 21 (No class October 14)
- **Session 2** - October 28 to December 16 (No class November 11 or November 25)
- Mondays
- 7:15 PM to 8:15 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 20
- \$40
- 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 Offering's:

- **Session 1** - August 5, 12, 19, 26 - \$24 for the month
- **Session 2** - September 9, 16, 23, 30 - \$24 for the month
- **Session 3** - October 7, 21, 28 - \$18 for the month
- **Session 4** - November 4, 18, 25 - \$18 for the month
- **Session 5** - December 2, 9, 16 - \$18 for the month
- Mondays
- 6:00 PM to 7:00 PM
- Star Heights Recreation Center
- Ages 16 and up

Tuesday Offering's:

- **Session 1** - September 3, 10, 17, 24 - \$24 for the month
- **Session 2** - October 1, 8, 15, 22, 29 - \$30 for the month
- **Session 3** - November 5, 12, 19, 26 - \$24 for the month
- **Session 4** - December 3, 10, 17 - \$18 for the month
- Tuesdays
- 9:30 AM to 10:30 AM
- Star Heights Recreation Center
- Ages 16 and up

Thursday Offering's:

- **Session 1** - September 5, 12, 19, 26 - \$24 for the month
- **Session 2** - October 3, 10, 17, 24, 31 - \$30 for the month
- **Session 3** - November 7, 14, 21 - \$18 for the month
- **Session 4** - December 5, 12, 19 - \$18 for the month
- Thursdays
- 9:30 AM to 10:30 AM
- Star Heights Recreation Center
- Ages 16 and up



SilverSneakers

Get more active with people just like you. A part of the Lovelace, Humana, Presbyterian Senior Plan insurance program, SilverSneakers includes exercise and conditioning classes, social events, health workshops, and screenings as well as volunteer opportunities.

If your health plan includes the SilverSneakers Fitness Program as part of your benefit package, you can participate at the YMCA at no additional cost to your monthly health plan premium.

To enroll, provide your health membership card or come by to visit us when class is in session. Classes offered year-round. For more information call (505) 892-0966.

- Mondays, Wednesdays, and Fridays
- 9:30 AM to 10:30 AM
- Star Heights Recreation Center



Salsa Dancing

In this class, participants will learn basic merengue, rumba, and cha-cha. This is a great low-impact form of exercise. Dance partners are not required to take this course.

- **Session 1** - September 4 to October 2
- **Session 2** - October 23 to November 20
- Wednesdays
- 7:00 PM to 8:00 PM
- Star Heights Recreation Center
- Min: 8 Max: 25
- \$35 per person
- Ages 16 and up



Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Fun choreography set to Latin and hip hop music. All levels of dance experience welcomed.

- **Session 1** - September 11 to October 16
- **Session 2** - October 30 to December 11 (No class November 27)
- Wednesdays
- 7:15 PM to 8:15 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 20
- \$40 per session
- Ages 16 and up



Register for programs online by visiting: www.rnm.gov/ActiveNet