



Bridge To  
Health NM

# Class Schedule

[www.bridgetohealthnm.org](http://www.bridgetohealthnm.org)

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

## MONDAYS

10:00 am Zumba GOLD  
11:00 am Drums Alive, Golden Beats  
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  
5:00 pm Cardio Sculpt Jazzercise\*  
6:00 pm Zumba\*

## WEDNESDAYS

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  
5:00 pm Cardio Sculpt Jazzercise\*  
6:00 pm Zumba\*

## FRIDAYS

9:00 am Nia

## SATURDAYS

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

9:00 am Cardio Sculpt Jazzercise

2nd Saturday: 9:00 am Zumba

10:00 am Essentrics

## REQUEST INFO ABOUT OUR OTHER SERVICES:

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

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