

LCPS Fitness classes offered to Staff

Mesilla Park- **Yoga** -Tuesdays, 400pm. \$3.00 a class.

(Our Yoga teacher is Nancy Tafoya, she is awesome, and we don't become pretzels, she works with all of our physical limitations to enjoy our Yoga class.)

Highland- **Zumba** -Wednesdays, 3:15-4:15 (in the PE portable). \$2 per class

Monte Vista- **Yoga** -Mondays, 3:15p.m. . \$5 drop-in or monthly payment (based on how many people signed up divided by \$25 a class)

Monte Vista- **Zumba** -Wednesdays, 3:15p.m. -- FREE