



FITNESS INSTRUCTORS 2023



New Mexico Senior Olympics, Inc.

Instructor Contact	Class Type/Site	Class Days	Class Time
Henrietta Duran mshendyd@msn.com	Hybrid EnhanceFitness (Alb) North Valley Senior Center	M/W/F	8:15 AM 1 hour
Diana Rael dianarael9@gmail.com	In-Person EnhanceFitness (Alb) North Domingo Baca	M/W/F Class #1	8:05 AM 1 hour
Diana Rael dianarael9@gmail.com	In-Person EnhanceFitness (Alb) North Domingo Baca	M/W/F Class #2	10:15 AM 1 hour
Cindy Russell cinru2001@gmail.com	In-Person EnhanceFitness (Alb) Los Padillas Community Center	M/W/F	1:00 PM
Dee Williams WilliamsDeeM1116@gmail.com	In-Person EnhanceFitness (Alb) Los Volcanes Senior Center	M/W/F	1:00 PM 1 hour
Paula Drake PDrake@hobbsnm.org	In-Person EnhanceFitness Hobbs Senior Center	M/W/F	9:00 AM 1 hour
Susan Dyer susangdyer@gmail.com	In-Person EnhanceFitness (Los Lunas) Daniel Fernandez	M/W/F	10:00 AM 1 hour
Erlene Lea Pierce leap4@comcast.net	Remote EnhanceFitness Los Lunas	T/TH/SAT	11:30 AM 1 hour
Jennifer Chadwell-Feld felddm@msn.com	In-Person EnhanceFitness Placitas Community Center	M/W/F	11:30 AM 1 hour
Nancy Freshour sourdoughnan@swcp.com	In-Person EnhanceFitness (Rio Rancho) Meadowlark Senior Center	M/W/F	10:00 AM 1 hour
Berlinda Trujillo/Ilene Dunn bptexpress@gmail.com/ ilenedunn@gmail.com	Remote EnhanceFitness Rio Rancho/Statewide	M/W/F	10:00 AM 1 hour
Cathleen A. McIntosh cathiscorner@aol.com	In-Person EnhanceFitness Ruidoso Community Center	M/W/F	1:30 PM 1 hour
Jan Melton jmelton_33@hotmail.com	In-Person EnhanceFitness The Joy Center/Roswell	M/T/TH	2:00 PM
Caroline Montoya montoyacj56@outlook.com	Remote EnhanceFitness Santa Fe	M/W/F	9:30 AM 1 hour
Kimberly Vienneau Fitness.fanatic90@gmail.com	In-Person EnhanceFitness Clovis Wellness Center	M/T/TH	9:45 AM 1 hour
Kimberly Vienneau Fitness.fanatic90@gmail.com	In-Person EnhanceFitness Clovis Wellness Center	M/T/TH	11:00 AM 1 hour
Dawn Armstrong dmp20az@gmail.com	Virtual Tai Chi Las Cruces	T/W/TH	8:30 AM
Shelby Griffin shelbygriffin@msn.com	In-Person Fitness Walking Roswell	M/T/TH	9:00 AM
Christina Lopez christinalopezrealtor@gmail.com	Hybrid Senior Fitness (Las Cruces) United Methodist Church	M/W/F	7:00 AM 50 mins
Christina Lopez christinalopezrealtor@gmail.com	Senior Fitness (Las Cruces) United Methodist Church	M/W/F	8:00 AM 50 mins
Contact: NMSO Project Coordinator Cara Dunn, fitness@nmseniorolympics.org,			March 2023