



# FITNESS INSTRUCTORS 2024



New Mexico Senior Olympics, Inc.

| Instructor Contact  | Class Type/Site  | Class Days     | Class Time         |
|---|--|----------------|--------------------|
| <b>Henrietta Duran</b><br>mshendyd@msn.com  | <b>Hybrid EnhanceFitness</b><br><b>(Alb) North Valley Senior Center</b>                | M/T/F          | 8:15 AM<br>1 hour  |
| <b>Diana Rael</b><br>dianarael9@gmail.com   | <b>In-Person EnhanceFitness</b><br><b>(Alb) North Domingo Baca</b>                     | M/W/F Class #1 | 8:05 AM<br>1 hour  |
| <b>Diana Rael</b><br>dianarael9@gmail.com   | <b>In-Person EnhanceFitness</b><br><b>(Alb) North Domingo Baca</b>                     | M/W/F Class #2 | 10:15 AM<br>1 hour |
| <b>Cindy Russell</b><br>cinru2001@gmail.com   | <b>In-Person EnhanceFitness</b><br><b>(Alb) Los Padillas Community Center</b>          | M/W/F          | 1:00 PM            |
| <b>Dee Williams</b><br>WilliamsDeeM1116@gmail.com                                   | <b>In-Person EnhanceFitness</b><br><b>(Alb) Los Volcanes Senior Center</b>             | M/W/F          | 1:00 PM<br>1 hour  |
| <b>Paula Drake</b><br>PDrake@hobbsnm.org  | <b>In-Person EnhanceFitness</b><br><b>Hobbs Senior Center</b>                          | M/W/F          | 9:00 AM<br>1 hour  |
| <b>Susan Dyer</b><br>susangdyer@gmail.com   | <b>In-Person EnhanceFitness</b><br><b>(Los Lunas) Daniel Fernandez</b>                 | M/W/F          | 10:00 AM<br>1 hour |
| <b>Erlene Lea Pierce</b><br>leap4@comcast.net                                       | <b>Remote EnhanceFitness</b><br><b>Los Lunas/ Statewide II</b>                         | T/TH/SAT       | 11:30 AM<br>1 hour |
| <b>Jennifer Chadwell-Feld</b><br>felddm@msn.com                                     | <b>In-Person EnhanceFitness</b><br><b>Placitas Community Center</b>                    | M/W/F          | 11:30 AM<br>1 hour |
| <b>Nancy Freshour</b><br>sourdoughnan@swcp.com                                      | <b>In-Person EnhanceFitness</b><br><b>(Rio Rancho) Meadowlark Senior Center</b>        | M/W/F          | 10:00 AM<br>1 hour |
| <b>Berlinda Trujillo/Ilene Dunn</b><br>bptexpress@gmail.com/<br>ilenedunn@gmail.com | <b>Remote EnhanceFitness</b><br><b>Rio Rancho/Statewide</b>                            | M/W/F          | 10:00 AM<br>1 hour |
| <b>Cathleen A. McIntosh</b><br>cathiscorner@aol.com                                 | <b>In-Person EnhanceFitness</b><br><b>Ruidoso Community Center</b>                     | M/W/F          | 9:00 AM<br>1 hour  |
| <b>Jan Melton</b><br>jmelton_33@hotmail.com   | <b>In-Person EnhanceFitness</b><br><b>The Joy Center/Roswell</b>                       | M/T/TH         | 2:00 PM            |
| <b>Caroline Montoya</b><br>montoyacj56@outlook.com                                  | <b>In-Person EnhanceFitness</b><br><b>(Santa Fe) Mary Ester Gonzalas Senior Center</b> | M/W/F          | 9:30 AM<br>1 hour  |
| <b>Kimberly Vienneau</b><br>Fitness.fanatic90@gmail.com                             | <b>In-Person EnhanceFitness</b><br><b>Clovis Wellness Center</b>                       | M/T/TH         | 9:45 AM<br>1 hour  |
| <b>Kimberly Vienneau</b><br>Fitness.fanatic90@gmail.com                             | <b>In-Person EnhanceFitness</b><br><b>Clovis Wellness Center</b>                       | M/T/TH         | 11:00 AM<br>1 hour |
| <b>Dawn Armstrong</b><br>dmp20az@gmail.com  | <b>Virtual Tai Chi</b><br><b>Las Cruces</b>  | T/W/TH         | 8:30 AM<br>1 hour  |
| <b>Shelby Griffin</b><br>shelbygriffin@msn.com                                      | <b>In-Person Fitness Walking</b><br><b>Roswell</b>                                     | M/T/TH         | 9:00 AM<br>1 hour  |
| <b>Christina Lopez</b><br>christinalopezrealtor@gmail.com                           | <b>In-Person EnhanceFitness</b><br><b>(Las Cruces) Sage Senior Center</b>              | T/TH/F         | 7:00 AM<br>1 hour  |
| <b>Christina Lopez</b><br>christinalopezrealtor@gmail.com                           | <b>In-Person EnhanceFitness</b><br><b>(Las Cruces) Munson Senior Center</b>            | M/W/F          | 9:00 AM<br>1 hour  |
| <b>Elena Perez</b><br>elena.perez91@gmail.com                                       | <b>In-Person EnhanceFitness</b><br><b>(Alb) Rio Bravo Senior Center</b>                | M/W/F          | 8:00 AM<br>1 hour  |

Contact: NMSO Project Coordinator Cara Dunn, fitness@nmseniorolympics.org,

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