



FITNESS INSTRUCTORS during COVID

New Mexico Senior Olympics, Inc.



June 17, 2021

Instructor Contact	Class Type/Site	Class Days	Class Time
Berlinda Trujillo padillaserve@aol.com	Master Trainer Remote EnhanceFitness Rio Rancho	M/W/F	10:00 AM 1 hour
Dee Williams WilliamsDeeM1116@gmail.com	Remote EnhanceFitness Albuquerque	M/W/F	1:00 PM 1 hour
Ilene Dunn ilenedunn@gmail.com	Remote EnhanceFitness Clovis/Roswell	M/W/F	10:30 AM 1 hour
Henrietta Duran mshendyd@msn.com	Remote EnhanceFitness Albuquerque	M/W/F	10:00 AM 1 hour
Erlene Lea Pierce leap4@comcast.net	Remote EnhanceFitness Los Lunas	T/TH/SA	10:00 AM 1 hour
Yvonne Herrera ytherese2003@yahoo.com	Remote EnhanceFitness Isleta, Jemez, ABQ	M/W/F	5:00 PM 1 hour
Caroline Montoya cimontoya56@hotmail.com	Remote EnhanceFitness Santa Fe	M/W/F	9:30 AM 1 hour
Cathleen A. McIntosh cathiscorner@aol.com	Remote/Hybrid EnhanceFitness Ruidoso, Alto, Lincoln Co	M/W/TH	1:30 PM 1 hour
Susan Dyer susangdyer@gmail.com	In-Person EnhanceFitness Los Lunas	M/W/F	10:00 AM 1 hour
Diana Rael dianarael9@gmail.com	Virtual Fitness Albuquerque	M/W/F	8:30 AM 1 hour
Diana Rael dianarael9@gmail.com	Remote EnhanceFitness Albuquerque	M/W/F	10:00 AM 1 hour
Christina Lopez diosachristina@gmail.com	Virtual Fitness Las Cruces	M/W/F	7:00 AM 50 mins
Christina Lopez diosachristina@gmail.com	Virtual Indoor Cycling Las Cruces	M/W/F	6:00 AM 50 mins
Jan Melton jmelton_33@hotmail.com	Walking Roswell	M/T/TH	9:00 AM
Dawn Armstrong dpatters@nmsu.edu	Virtual Tai Chi Las Cruces	T/TH W	9:30 AM 10:30 AM
Cindy Russell cinru2001@gmail.com	Virtual Balance & Stability Los Lunas	M/W/F	11:00 AM

NMSO ADMIN Contact: Terry Delgado, fitness@nmseniorolympics.org, 575-910-2284