



(Non-Metro) FITNESS INSTRUCTORS



New Mexico Senior Olympics, Inc.

Instructor Contact	Class Type/Site	Class Days	Class Time
Berlinda Trujillo/Illene Dunn bptexpress@gmail.com / ilenedunn@gmail.com	Remote EnhanceFitness Rio Rancho/Statewide	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
Erlene Lea Pierce leap4@comcast.net	In-Person EnhanceFitness Belen/Valencia Senior Ctr	M/W/F	10:00 AM 1 hour
Paula Drake Pdrake@hobbsnm.org	In-Person EnhanceFitness Hobbs Senior Center	M/W/F	9:00 AM 1 hour
Paula Drake Pdrake@hobbsnm.org	In-Person EnhanceFitness Hobbs Senior Center	M/W/F	11:00 AM 1 hour
Susan Dyer susangdyer@gmail.com	In-Person EnhanceFitness DFRC/Los Lunas	M/W/F	10:00 AM 1 hour
Jennifer Chadwell-Feld felddm@msn.com	In-Person EnhanceFitness Placitas	M/W/F	11:30 AM 1 hour
	In-Person EnhanceFitness Meadowlark *HOLD*	M/W/F	10:00 AM 1 hour
Cathleen A. McIntosh cathiscorner@aol.com	In-Person EnhanceFitness Ruidoso, Alto, Lincoln Co	M/W/F	9:00 AM 1 hour
Jan Melton jmelton_33@hotmail.com	In-Person EnhanceFitness The Joy Center/Roswell	M/T/TH	2:00pm 1 hour
Caroline Montoya Montoyacj56@outlook.com	In-Person EnhanceFitness (Santa Fe) Mary Ester Gonzales Sr Ctr	M/W/F	9:30 AM 1 hour
Kimberly Vienneau Fitness.fanatic90@gmail.com	In-Person EnhanceFitness Clovis	M/T/TH	9:45 AM 1 hour
Kimberly Vienneau Fitness.fanatic90@gmail.com	In-Person EnhanceFitness Clovis	M/T/TH	11:00 AM 1 hour
Dawn Armstrong dmp20az@gmaill.com	Virtual Tai Chi Las Cruces	T/W/TH	8:30 AM 1 hour
Christina Lopez christinalopezrealtor@gmail.com	In-Person EnhanceFitness Las Cruces - Munson	M/W/F	8:00 AM 50 mins
Christina Lopez christinalopezrealtor@gmail.com	In-Person EnhanceFitness Las Cruces - Sage	T/TH/F	9 :00 AM 50 mins
Shelby Griffin Shelbygriffin@gmail.com	In-Person Walking Class Roswell	M/T/TH	9:00am 1 hour
Lisa Gonzales lisagonzales8115@gmail.com	In-Person EnhanceFitness Trails West/Las Cruces	T/W/TH	9:00am 1 hour

NMSO ADMIN Contact: NMSO Fitness Coordinator, fitness@nmseniorolympics.org, Dec 11, 2024

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