

**FITNESS INSTRUCTORS during COVID****New Mexico Senior Olympics, Inc.**

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	In-Person EnhanceFitness Los Volcanes/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	Hybrid EnhanceFitness North Valley/Albuquerque	M/W/F	8:15 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 montoyacj56@outlook.com	Remote EnhanceFitness Santa Fe	M/W/F	9:30 AM 1 hour
Cathleen A. McIntosh cathiscorner@aol.com	Hybrid EnhanceFitness Ruidoso, Alto, Lincoln Co	M/W/TH	1:30 PM 1 hour
Susan Dyer susangdyer@gmail.com	In-Person EnhanceFitness DFRC/Los Lunas	M/W/F	10:00 AM 1 hour
Diana Rael dianarael9@gmail.com	In-Person EnhanceFitness North Dom Baca/Albuquerque	M/W/F Class #1	8:05 AM 1 hour
Diana Rael dianarael9@gmail.com	In-Person EnhanceFitness North Dom Baca/Albuquerque	M/W/F Class #2	10:15 AM 1 hour
Kimberly Vienneau Fitness.fanatic90@gmail.com	In-Person EnhanceFitness Clovis	M/T/TH	9:45 AM 1 hour
Jennifer Chadwell-Feld felddm@msn.com	In-Person EnhanceFitness Placitas	M/W/F	11:30 AM 1 hour
Nancy Freshour sourdoughnan@swcp.com	In-Person EnhanceFitness Meadowlark	M/W/F	10:00 AM 1 hour
Christina Lopez christinalopezrealtor@gmail.com	Virtual Fitness Las Cruces	M/W/F	7:00 AM 50 mins
Christina Lopez christinalopezrealtor@gmail.com	Virtual Indoor Cycling Las Cruces	M/W/F	6:00 AM 50 mins
Dawn Armstrong dmp20az@gmail.com	Virtual Tai Chi Las Cruces	T/W/TH	8:30 AM
Jan Melton Jmelton_33@hotmail.com	Fitness Walking Roswell	M/T/TH	9:00 AM

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

November 24, 2021