

EnhanceFitness List



Non-Metro Team (PSA 4)

Dawn Armstrong - Remote

- Remote EnhanceFitness Las Cruces T/W/TH 8:30AM (Video Meet)
- (575)-496-8573
- Dmp20az@gmail.com

Christina Lopez – Las Cruces

- (2) Classes Munson Senior Center M/W/F 8:00AM & Sage Café Senior Center T/TH 9:00AM F 9:15AM
In Person Instructor
- 975 S Mesquite St, Las Cruces, NM 88001 & 6121 Reynolds Drive, Las Cruces, NM 88011
- (575)-405-9900
- christinalopezrealtor@gmail.com

Lisa Gonzales – Las Cruces

- Trails West Senior Community T/W/TH 8:00AM In Person Instructor
- 1450 Avenida De Mesilla, Las Cruces, NM 88005
- (575)-649-7056
- lisagonzales8115@gmail.com

Carylann Williams – Las Cruces

- Downtown Desert Yoga T/TH 8:00AM & Saturday 10:30AM In Person Instructor
- 303 S Alameda Blvd, Las Cruces, NM 88005
- (575)-496-6755
- carylann3350@gmail.com