



Presbyterian Healthplex

Fitness Class Schedule 2024



DAYS / TIMES	CLASS NAME / DESCRIPTION
Mondays: Gym reserved for rehabilitation patient appointments	
Tuesdays	
5:30 a.m. to 7:30 p.m.	Open gym hours
7:30 a.m. to 8:30 a.m.	Yoga (White Sands)
8:30 a.m. to 9:30 a.m.	Low-impact Aerobics (Gym Floor)
9:30 a.m. to 10:15 a.m.	Core and Postural Strength (White Sands)
9:45 a.m. to 10:45 a.m.	Stretch and Tone (Gym Floor)
11:00 a.m. to 11:45 a.m.	Chair Exercise Class (Mount Taylor)
11:30 a.m. to 12:00 p.m.	Balance Class (White Sands)
2:30 p.m. to 3:30 p.m.	Parkinson's Chair Exercise Class (Mount Taylor)
Wednesdays: Gym reserved for rehabilitation patients	
8:00 a.m. to 9:30 a.m.	Yoga (White Sands)
Thursdays	
5:30 a.m. to 7:30 p.m.	Open gym hours
7:30 a.m. to 8:30 a.m.	Yoga (White Sands)
8:30 a.m. to 9:30 a.m.	Low-impact Aerobics (Gym Floor)
9:30 a.m. to 10:00 a.m.	Core Stability (White Sands)
9:45 a.m. to 10:45 a.m.	Stretch and Tone (Gym Floor)
11:00 a.m. to 11:45 a.m.	Chair Exercise Class (Mount Taylor)
11:30 a.m. to 12:00 p.m.	Balance Class (White Sands)
2:30 p.m. to 3:30 p.m.	Parkinson's Chair Exercise Class (Mount Taylor)
Fridays: Gym reserved for rehabilitation patient appointments	
Saturdays	
7:00 a.m. to 3:30 p.m.	Open gym hours
10:45 a.m. to 11:30 a.m.	Chair Exercise Class (Mount Taylor)

Call 24 hours before the start time of the class you want to attend to reserve your spot.
Phone: (505) 823-8300
Email: hpxgym2@phs.org

Class Descriptions

Yoga: Through a series of yoga poses, this class helps you build strength, increase flexibility and improve posture, while soothing the mind and body. Yoga also focuses on breathing awareness exercises and deep relaxation.

Low-impact Aerobics: A fun-filled class designed to elevate your heart rate and improve cardiovascular fitness, flexibility and strength. Class includes warm-up, work-out and cool-down with stretching.

Core and Postural Strength/ Core Stability: These classes include floor and standing exercises that focus on building a strong base of support by strengthening abdominal, hip and upper back muscles.

Stretch and Tone: A 1-hour class working on flexibility, strength and balance, using weights, bands, and/or stability balls to improve your overall fitness.

Chair Exercise Class: Using chair-assisted exercises, this class works on improving strength, flexibility and balance.

Parkinson's Chair Exercise Class: Designed specifically for individuals with Parkinson's, this class includes flexibility, strength, balance and coordination exercises.

Balance Class: A 30-minute balancing act. Exercises are designed to improve coordination, body awareness and core strength.



Duane and Barbara Trythall Aquatic Therapy Natatorium

Pool Hours 2024



Call 24 hours before the start time of the class or open exercise time you want to attend to reserve your spot.

Phone: (505) 823-8300 or (505) 823-8303

DAYS / TIMES	CLASS NAME / DESCRIPTION	
Tuesdays and Thursdays		
8:00 a.m. to 9:30 a.m.	Water Aerobics	Open Exercise
9:30 a.m. to 10:00 a.m.	Orientation	
10:00 a.m. to 11:30 a.m.	Water Aerobics	Open Exercise
11:30 a.m. to 1:00 p.m.	Water Aerobics	Open Exercise
1:00 p.m. to 1:30 p.m.	CLOSED	
1:30 p.m. to 2:00 p.m.	Orientation	
2:00 p.m. to 3:00 p.m.	Water Aerobics	Open Exercise
3:00 p.m. to 4:00 p.m.	Open Exercise	
3:15 p.m. to 3:45 p.m.	Aquacycling	Thursdays ONLY
4:00 p.m. to 5:00 p.m.	Water Aerobics	Open Exercise
5:00 p.m. to 5:30 p.m.	Open Exercise	
5:30 p.m.	CLOSED	
Saturdays		
8:00 a.m. to 9:30 a.m.	Water Aerobics	Open Exercise
9:30 a.m. to 11:00 a.m.	Water Aerobics	Open Exercise
11:00 a.m. to 12:30 p.m.	Water Aerobics	Open Exercise
12:30 p.m. to 1:00 p.m.	CLOSED	
1:30 p.m. to 2:30 p.m.	Water Aerobics	Open Exercise
2:30 p.m.	CLOSED	