

SELECT ATHLETES

Cardio Kickboxing by Coach Estrella

305 Washington SW (Nob Hill),

Albuquerque, NM

Monday-Thursday

9 a.m. or 6 p.m.

Fridays and Saturdays

9 a.m.

Tuesdays and Thursdays at 6 p.m. meet at the gym to walk offsite for an outside class!



 **PRESBYTERIAN**
Center for Community Health

For ages 8 and older



For more information call the Wellness Referral Center at (505) 445-5332