

Nia Technique Offerings in Albuquerque Area (Updated 7/2011)

Instructor	Description	Day	Time	Location	Duration
Ana Edwards	Nia - For Lunch!	MWF	12:05 PM	Thomas Bell Community Center	Ongoing
Peggy McLain	Nia	M	9:30 AM	Studio Sway	Ongoing
Katy Fuchs	Nia	M	5:30 PM	Healing Gate	Ongoing
5 Stages Teachers ‡	Nia 5 Stages	M	5:30 PM	Studio Sway	Ongoing
Margo Morado	Nia	M	5:45 PM	Defined Fitness: Juan Tabo	Ongoing
Beth O'Neill	Nia	M	6:45 PM	Studio Sway	Ongoing
Amina Lozada	Nia	Tu,Th	9:00 AM	Horn YMCA	Ongoing
Ana Edwards	Nia	Tu,Th	9:30 AM	Studio Sway	Ongoing
Amina Lozada	Nia	Tu,Th	4:15 PM	Horn YMCA	Ongoing
Erin Damour	Nia	Tu,Th	5:00 PM	University of NM (Fall/Spring Semesters)	8/23-12/8/11
Beth O'Neill	Nia	Tu	4:15 PM	Studio Sway	Ongoing
Diane Agnew	Nia	Tu	5:45 PM	Studio Sway	Ongoing
Michele Diel	Nia	Tu	7:15 PM	Albuquerque Mennonite Center	Ongoing
Katy Fuchs	Nia	W	9:30 AM	Studio Pizzazz	Ongoing
Peggy McLain	Nia	W	12:00 PM	Studio Sway	Ongoing
Sarah Mitchell	Nia	W	5:30 PM	Studio Sway	Ongoing
Michele Diel	Nia	W	5:45 PM	UNM Center for Life	Ongoing
May Sagbakken	Nia	W	5:45 PM	Defined Fitness: Juan Tabo	Ongoing
Katy Fuchs	Nia	W	6:00 PM	Studio Pizzazz	Ongoing
Erin Damour	Nia	W	7:00 PM	Studio Sway	Ongoing
Michele Diel	Nia	Th	3:15 PM	Palo Duro Senior Center	Ongoing
Cathy Arlowe	Nia	Th	4:15 PM	Studio Sway	Begins 7/14/11
Michele Diel	Nia	Th	5:15 PM	La Vida Llena Retirement Community *	Ongoing
Beth O'Neill	Nia	Th	5:45 PM	Studio Sway	Ongoing
Beth O'Neill	Nia	F	8:30 AM	Studio Sway	Ongoing
Margo Morado	Nia	F	10:15 AM	North Domingo Baca Multigenerational Ctr	Ongoing
Michele Diel	Nia	F	10:30 AM	Defined Fitness: San Mateo/McLeod	Ongoing
Erin Damour	Nia	F	12:00 PM	Studio Sway	Ongoing
Nia Teacher Co-Op	Nia Happy Hour	F	5:30 PM	Studio Sway	Ongoing
Jennifer Applegate	Nia	F	6:00 PM	Blissful Spirits	Ongoing
Beth O'Neill	Nia	Sa	9:15 AM	Studio Sway	Ongoing
Peggy McLain	Nia	Sa	9:30 AM	Komala Movement Studio (Rio Rancho)	Ongoing
Elizabeth Cervantes	Nia	Sa	10:15 AM	Rhythm Dance Studio	Ongoing
Margo Morado	Nia	Sa	11:00 AM	Midtown Sports & Wellness	Ongoing
Studio Sway	Nia	Su	12:00 PM	Studio Sway	Ongoing

‡Indicates a shared class, i.e. teachers alternate teaching week to week.

∞ Indicates a class that is co-lead by two or more teachers.

* Contact instructor before attending.

Locations			Locations Not Currently Holding Classes		
Albuquerque Mennonite Center	1300 Girard Blvd NE	Albuquerque	Barelas Senior Center	714 7th St SW	Albuquerque
Barelas Senior Center	714 7th Street SW	Albuquerque	Cedar Crest Fitness	12220 N. Hwy 14	Cedar Crest
Blissful Spirits Studio	4300 Paseo Del Norte NE	Albuquerque	Exotica in Motion	301 Rio Grande NW	Albuquerque
Defined Fitness Juan Tabo	3301 Juan Tabo NE	Albuquerque	Los Volcanes 50+ Fitness Ctr	6500 Los Volcanes Road Northwest	Albuquerque
Defined Fitness: San Mateo/ McLeod	4930 McLeod Rd NE	Albuquerque	Movement Studios	4605 Corrales Rd	Corrales
Del Norte Sports and Wellness	7120 Wyoming Blvd. NE, Suite 8B	Albuquerque	The Rhythmic Arts Center	4821 Central Ave NE	Albuquerque
Harwood Art Center	1114 7th Street Northwest	Albuquerque	The Source	1111 Carlisle SE	Albuquerque
Healing Gate	3212 Monte Vista NE	Albuquerque	The Sports Clubs Downtown	400 Gold Avenue	Albuquerque
Highland Senior Center	131 Monroe St NE	Albuquerque	The Sports Clubs on 4th St	6211 4th St NW	Albuquerque
Highpoint Sports and Wellness	4300 Landau NE	Albuquerque	Barelas Senior Center	714 7th St SW	Albuquerque
Horn YMCA	1700 Pennsylvania St NE	Albuquerque			
Johnson Center B554 - UNM Main	NE Corner of Central & Cornell	Albuquerque			
Komala Movement Studio	1117 Rio Rancho Rd SE	Rio Rancho			
La Vida Llena Retirement Community	10501 Lagrima de Ora NE	Albuquerque			
Midtown Sports & Wellness	4100 Prospect NE	Albuquerque			
North Domingo Baca Multigenerational Ctr	7521 Carmel Avenue NE	Albuquerque			
Palo Duro Senior Center	5221 Palo Duro Avenue Northeast	Albuquerque			
Presbyterian Healthplex	6301 Forest Hills Dr NE	Albuquerque			
Rio Grande Montessori Charter School	1650 Gabaldon NW	Albuquerque			
Rhythm Dance Studios	3808 A Central Ave SE	Albuquerque			
Studio Pizzazz	4111 Louisiana Blvd NE	Albuquerque			
Studio Sway	1100 San Mateo Blvd NE, Ste. 32	Albuquerque			
Thomas Bell Community Center	3001 University SE	Albuquerque			
UNM Center for Life	4700 Jefferson Blvd NE, Suite 100	Albuquerque			
UNM Continuing Education	1634 University Blvd NE	Albuquerque			