

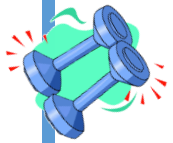
# NEW MEXICO SENIOR OLYMPICS, INC.



Contact the local instructor for class availability

Ready to start your fitness routine? EnhanceFitness can help!

EnhanceFitness is an evidence based fitness group program that has been designed for Seniors 50+ who want to see results. EnhanceFitness combines three key components of fitness: strength training, flexibility, and cardiovascular conditioning. The class meets 3 times per week for one hour. Below are all the classes held in New Mexico. Join us today!



Health Promotion

Evidence Based



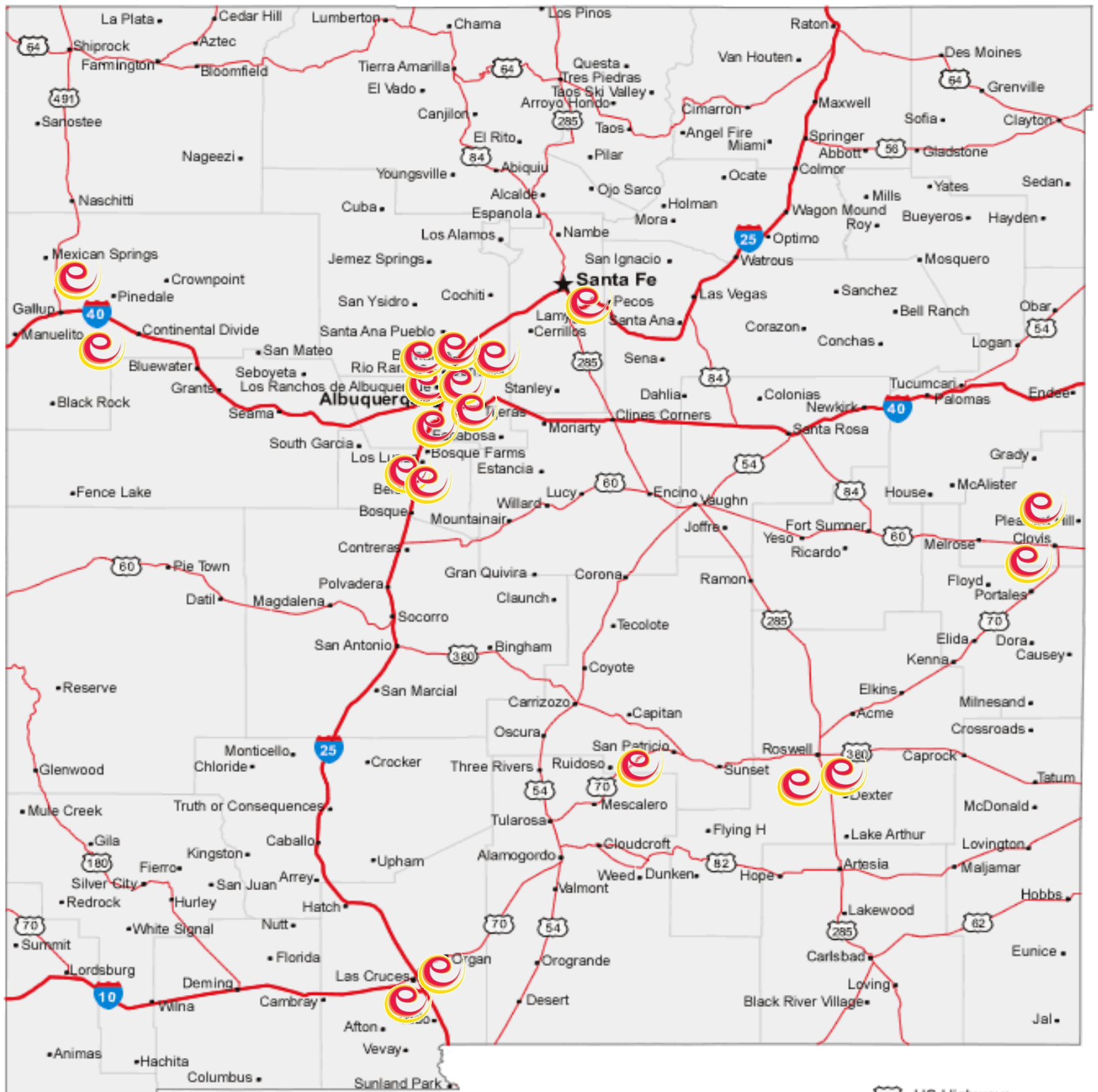
<p><b>Albuquerque WEST</b> Los Volcanes Fitness Center 6500 Los Volcanes (505) 836-8745</p> <p>M/W/F—1:00 pm Instructor: Dee Williams</p>	<p><b>Albuquerque NORTHEAST</b> North Domingo Baca Multigenerational Center 7521 Carmel NE (505) 764-6476</p> <p>M/W/F-8:00 &amp; 10:15 am Instructor: Marta Lucas</p>	<p><b>Albuquerque NORTHWEST</b> North Valley Senior Center 3825 4th Street (505) 761-4025</p> <p>M/T/F—8:15 am Instructor: Terri Tobey</p>
<p><b>Albuquerque SOUTH</b> Los Padillas Community Center 2117 Los Padillas Rd SW (505) 468-7600</p> <p>M/T/Th—1:00 pm Instructor: Connie Tachias</p>	<p><b>Clovis</b> City of Clovis Wellness Center 1700 East Seventh (575) 762-4519</p> <p>M/T/Th—9:45 &amp; 11:00 am Instructor: Kimberly Vienneau</p>	<p><b>Grants</b> Cibola Senior Center 550 Jurassic Court (505) 285-3922</p> <p>M/W/F—10:30 am Instructor: Karen Fletcher</p>
<p><b>Las Cruces</b> Munson Senior Center 975 S Mesquite St (575) 528-3000</p> <p>M/W/F— 8:00 am Instructor: Alejandra Palacios</p>	<p><b>Las Cruces</b> Sage Café 6121 Reynolds Drive (575) 528—3151</p> <p>T/W/F— 9:45 am Instructor: Alejandra Palacios</p>	<p><b>Los Lunas</b> Daniel Fernandez Youth Center 1103 New Mexico 314 (505) 865-5080</p> <p>M/W/F—10:00 &amp; 11:30 am Instructors: Erlene Pierce &amp; Elena Castillo</p>
<p><b>Placitas</b> Placitas Community Center 41 Camino De Las Huertas (505) 867-1396</p> <p>T/Th/F—12:00 pm Instructor: Jennifer Chadwell-Feld</p>	<p><b>Rio Rancho</b> Meadowlark Senior Center 4330 Meadowlark Lane SE (505) 891-5018</p> <p>M/W/F—10:00 am Instructor:</p>	<p><b>Roswell</b> Joy Center 1822 N Montana Ave (575) 623-4866</p> <p>M/T/Th—9:00 am &amp; 2:00 pm Instructors: Shelby Griffin &amp;</p>
<p><b>Ruidoso</b></p> <p>Instructor: Deneysel Serino (570) 772-6617 Class relocating</p>	<p><b>Santa Fe</b> Mary Esther Gonzales Sr. Center 1121 Alto Street (505) 955-4715</p> <p>M/W/F—9:30 am Instructor: Carol Montoya</p>	<p><b>Zuni Pueblo</b> Zuni Senior Center 1386A Hwy 53 (505) 285-3922</p> <p>M/T/F—2:00 pm Instructor: Andres Tucson</p>



New Mexico Senior Olympics, Inc. \* PO Box 2690 \* Roswell, NM 88202-2690 \* 888-623-6676  
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 US Highways  
 Interstate Highways  
 50 KM 50 Miles



# ENHANCE FITNESS®

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