

EnhanceFitness List



Metro Team: Albuquerque Area (PSA 1)

Delores Williams (Dee)

- Los Volcanes Albuquerque Senior Center M/W/F 1:00PM In Person Instructor
- 6500 Volcanes Rd NW, Albuquerque, NM 87121
- (505)-301-0596
- Williamsdeem116@gmail.com

Henrietta Duran

- North Valley Senior Center Albuquerque Senior Center M/T/F 8:15AM Hybrid Instructor
- 3825 4th St NW, Albuquerque, NM 87107
- (505)-980-4410
- mshendyd@msn.com

Diana Rael (Dominguez)

- (2) Classes North Domingo Baca Albuquerque Multigenerational Center M/W/F 8:05AM & 10:15AM In Person Instructor
- 7521 Carmel Ave. NE, Albuquerque, NM 87113
- (505)-321-2601
- Dianarael9@gmail.com

Cindy Russell

- Albuquerque South Valley Senior Center M/W/F 1:00PM In Person Instructor
- 2008 Larrazolo Rd SW, Albuquerque, NM 87105
- (505)-290-7894
- Cinru2001@gmail.com

Beverly & David Howell

- Albuquerque Rio Bravo Senior Center M/W/F 8:00AM In Person Instructor
- 3910 Isleta Blvd SW, Albuquerque, NM 87105
- (505)-417-4610
- Davebev2@outlook.com