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## Ageless Health Program

The Alamo Senior Center's Ageless Health Program has something for everyone! We offer you the opportunity to participate in safe and effective exercise programs full of variety and excitement!

Our Fitness Facility offers those who wish to exercise individually with the machines and equipment that they need to achieve their fitness goals. We also offer over 20 different exercise classes instructed by experienced fitness leaders to help you on your journey of health. Classes range from walk aerobics to line dancing to yoga. All levels of fitness are welcome!

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### Details

**Ages:** Seniors/elderly

**Waiting List:** Never

**Minimum Age:** 60

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### Services

Leisure/Recreation/Sports   Health Support/Education/Insurance   Older Adults

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### Locations

*2201 Puerto Rico Ave  
Alamogordo, NM 88310*

**Phone:** 575-439-4150

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### Parent Organization

#### Alamo Senior Center

The Alamo Senior Center's mission is to provide services for persons 60 and over and their spouses regardless of age. The Center is a social environment, which provides support, education, recreation, nutrition and entertainment for elderly persons in Alamogordo and the surrounding area. The Center's goal is to provide an opportunity to maintain a vital role in life for all persons.

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<http://ci.alamogordo.nm.us/165/Alamo-Senior-Center>