



SHARE new mexico™

Healthways Silversneakers Fitness Program

Creating A Healthier World, One Person At A Time Provides qualified individuals with a basic fitness membership at no cost and access to exercise classes including Muscular Strength and Range of Movement and other SilverSneakers branded classes. Members can also access fitness equipment, amenities like pools and steam rooms where available, a broad range of classes, health education and social events, member-only web resource offering trackers, assessments, information, and more. National reciprocity with over 12,000 participating locations.

Details

Services

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

Locations

Hours: Mo 8am-4pm, Tu 8am-4pm, We 8am-4pm, Th 8am-4pm, Fr 8am-4pm

Parent Organization

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