



**SHARE** new mexico™

## Health & Fitness

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

### Group Exercise Classes

Whether you're new to fitness, a seasoned athlete, or somewhere in between you'll get the individual attention, support and resources you need to commit to improving your health and well-being. At the Y, results are not just measured by how many pounds or inches you lose, there measured by how great you feel inside and out.

### Healthways SilverSneakers® Fitness

Get more active with people just like you. SilverSneakers includes exercise/conditioning classes, social events, health workshops and screenings as well as volunteer opportunities.

### Group Interests

The YMCA of Central New Mexico offers social networks and activities that bring together people that share common passions and personal interests.

### Personal Fitness

The YMCA of Central New Mexico is committed to providing you the best in innovative programming, along with established fitness industry favorites.

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## Details

**Ages:** All ages

**Intake Process:** Walk-In

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## Services

Leisure/Recreation/Sports

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## Locations

**HB & Lucille Horn Family YMCA**

4901 Indian School Rd NE  
Albuquerque, NM 87110

**Phone:** 505-265-6971

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## **McLeod Family YMCA**

12500 Comanche Rd NE  
Albuquerque, NM 87111

**Phone:** 505-292-2298

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## **Parent Organization**

### **YMCA of Central New Mexico**

For over 100 years, the YMCA of Central New Mexico (the Y) has served Albuquerque as a cornerstone community organization and gathering spot for all generations and cultures. The Y's mission is to inspire individuals to achieve their full potential by delivering the highest quality programs and services for Youth Development, Healthy Living, and Social Responsibility.

The Y's three areas of focus are:

\* **Youth Development:** The Y believes that all youth deserve the opportunity to discover who they are and what they can achieve. Each year, the Y helps nearly 6,000 youth cultivate the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

\* **Healthy Living:** The Y is a place where people can learn a new skill or hobby, foster connections with friends through lifelong learning, or participate in family-centered activities that promote health inside and out.

\* **Social Responsibility:** The Y fosters care and respect for all people by addressing community needs, including developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through sports, and preventing chronic disease and building a healthier community through fitness.

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