

Welcome to the ASC Fitness Center!

We provide many amenities in our facility that fit all areas of Fitness levels. If you are in need of special attention, we will focus on your specific needs. The Fitness Center also provides a number of fitness classes that will be sure to have you leaving refreshed!

Our Fitness classes are instructed by a number of fitness volunteers who have dedicated their life to promote health and wellness in their own lives, and they pass their expertise onto you!

A small donation of 50 cents per class for equipment usage is suggested.*



For adults over 60: .50 suggested donation per class

Hours of Operation

Monday	8:00am – 4:00pm
Tuesday	8:00am – 4:00pm
Wednesday	8:00am – 4:00pm
Thursday	8:00am – 4:00pm
Friday	8:00am – 4:00pm

Closed on Saturday & Sunday

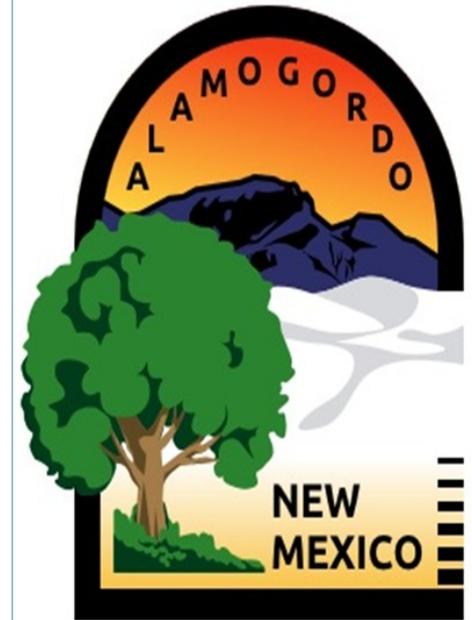
Closed on Holidays



*It's a great place to meet
new friends!*



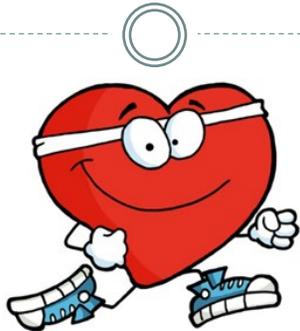
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310
575-439-4150 x4274



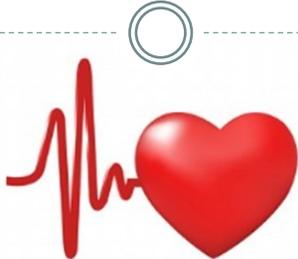
ALAMOGORDO SENIOR CENTER
FITNESS CENTER



STRENGTH TRAINING



CARDIO/AEROBIC



**RELAXATION/BALANCE
AND FLEXABILITY**

**NO MATTER THE CLASS....
WE'VE GOT YOU COVERED!**

CLASSES OFFERED

- Yoga
- Balance, Stretch and Strength
- Tai Chi
- Gentle Stretch
- Chair Exercise
- Balance With Motion
- Balance, Baby Balls & Beans
- Resistance & Strength Training
- Strength Training
- Belly Dancing
- Low Impact Aerobics
- High Energy Aerobics
- Walk Aerobics
- Line Dancing
- Step & Strength
- Cardio Chair Bonanza
- Group Drumming for Health
- The Healing power /Ukelele
- Mexico Folk Dance
- Power Pump
- Zumba

**Exercise equipment is also
available for those who
prefer to work on strength
training machines.**

**Stop by the ASC for a full schedule
of class dates/times**

OUR VOLUNTEERS



Tracy Duncan
ASC Fitness Coordinator
ACE certified/IDEA Member
Wellness Certified/Cooper Institute