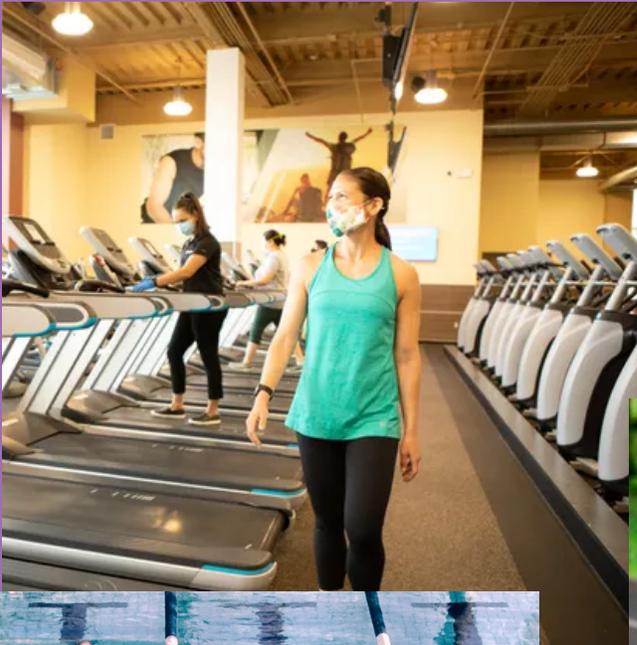


# 50+ Sports & Fitness Activities Schedule

Winter/Spring 2021-2022



**Tim M. Keller, Mayor**  
City of Albuquerque

**Anna Sanchez, Director**  
Department of Senior Affairs  
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**Nikki Peone, Division Manager**  
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## MESSAGE FROM DIRECTOR ANNA SANCHEZ

Hello,

As we continue to transition to normal operations, Department of Senior Affairs continues to maintain safety as a priority and our 50+ Sports and Fitness program continually strives to keep our sports and fitness facilities operational while staying healthy. With your cooperation and some adjustments, we are excited to still offer our fitness classes, recreation activities, trips and other sports and fitness programming. We are especially enthusiastic for the return of our winter trips, aquatics program and Albuquerque's 50+ Games. Although there are still many unknowns due to the impact of the pandemic, one thing is for certain, staying active is imperative for healthy living at any age.



Here are some things we are implementing to help keep our facilities safe to support you:

- Mask requirements in all facilities and transportation vans regardless of vaccination status.
- Frequent cleaning and sanitizing.
- More frequent communications regarding new policies, requirements and safety measures we are taking to support our community.

Here are some things we expect from you to help keep our community safe:

- Stay home if you feel sick.
- Wash your hands often, and for the recommended 20 seconds.
- Practice social distancing.
- Be considerate of your community members and sports and fitness staff. Remember, we're all in this together.

As always, we remain dedicated and committed to promoting active and healthy aging and we will continue to work hard to develop new and innovative ways to keep you safe, while still enjoying the programs and services offered by our Department.

For more information and to stay updated on current schedule information or on any restriction changes, please visit [cabq.gov/seniors](http://cabq.gov/seniors) and click on our 50+ Sports & Fitness tab.

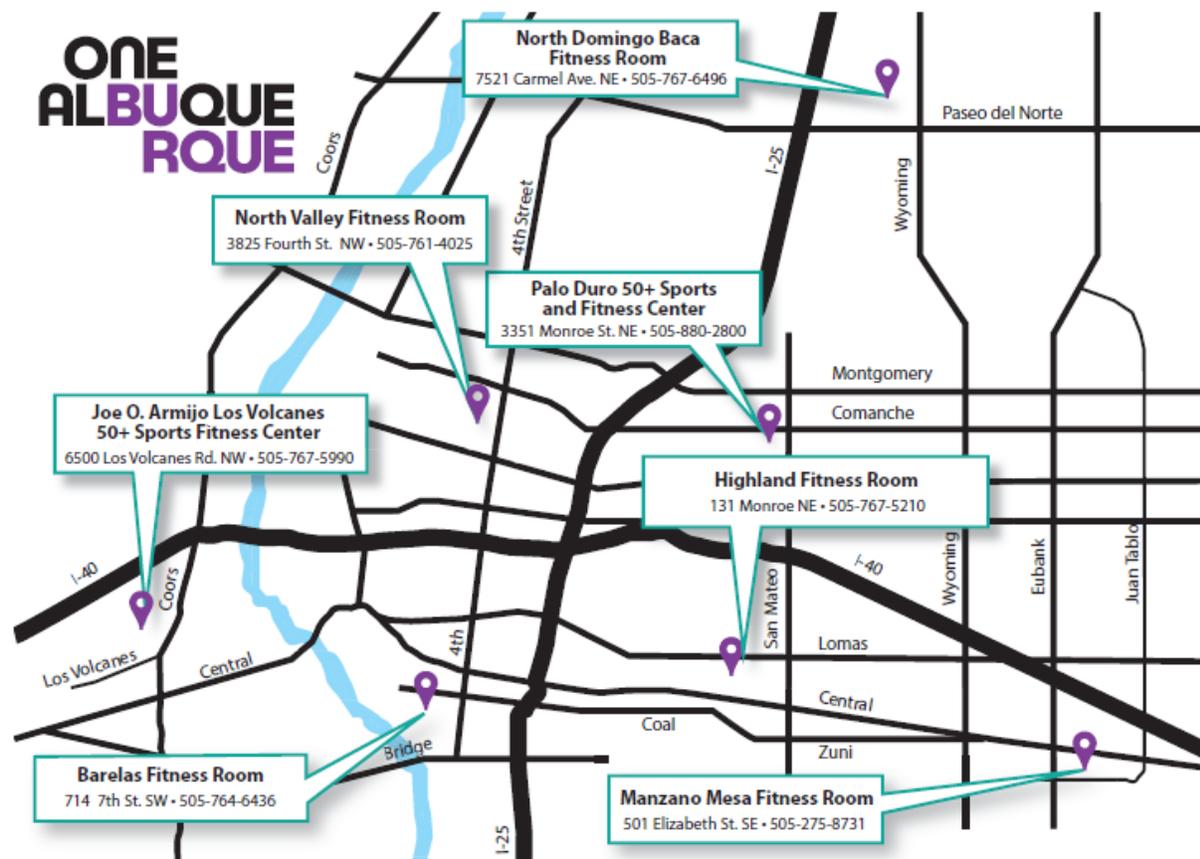
Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

  
ANNA SANCHEZ, Director  
Department of Senior Affairs

**ABOUT 50+ SPORTS & FITNESS**

Regular physical activity and exercise for older adults help improve mental and physical health, both of which will help you maintain your independence as you age. As a Department of Senior Affairs member, you can take advantage of our sports and fitness facilities, classes, and trips. The Department of Senior Affairs 50+ Sports & Fitness Program includes individual and group weight training classes; aerobic, gentle, and flex tone exercise classes; water exercise; an outdoor recreation program; evidenced-based programs; and the Albuquerque 50+ Games. New classes and opportunities are added regularly.



**FITNESS FACILITIES**

**Barelas Fitness Room**  
714 7th St. SW, Alb., NM 87102  
Phone: (505) 764-6436  
Fax: (505) 764-6472  
Mon. - Fri. 8:00 am - 5:00 pm

**Highland Fitness Room**  
131 Monroe NE, Alb., NM 87108  
Phone: (505) 767-5210  
Fax: (505) 767-5224  
Mon. - Fri. 8:00 am - 5:00 pm  
Wednesday 8:00 am - 7:00 pm  
Saturday 10:00 am - 4:00 pm

**Joe O. Armijo Los Volcanes  
50+ Sports & Fitness Center**  
6500 Los Volcanes NW,  
Alb., NM 87121  
Phone: (505) 767-5990  
Fax: (505) 767-5994  
Mon. - Fri. 7:00 am - 7:00 pm  
Saturday 8:00 am - 2:00 pm

**Manzano Mesa Multigenerational  
Center Fitness Room**  
501 Elizabeth St. SE, Alb., NM 87123  
Phone: (505) 275-8731  
Fax: (505) 275-8734  
Mon. - Fri. 8:00 am - 9:00 pm  
Saturday 9:00 am - 3:00 pm

**North Domingo Baca  
Multigenerational Center  
Fitness Room**  
7521 Carmel Ave. NE, Alb., NM 87113  
Phone: (505) 764-6496  
Fax: (505) 764-6497  
Mon. - Fri. 8:00 am - 9:00 pm  
Saturday 9:00 am - 3:00 pm

**North Valley Fitness Room**  
3825 4th St. NW, Alb., NM 87107  
Phone: (505) 761-4025  
Fax: (505) 761-4031  
Mon. - Fri. 8:00 am - 5:00 pm  
Tuesday 8:00 am - 7:00 pm  
Sunday 12:30 pm - 5:30 pm

**Palo Duro 50+ Sports & Fitness  
Center**  
3351 Monroe NE, Alb., NM 87110  
Phone: (505) 880-2800  
Fax: (505) 883-9362  
Mon. - Fri. 7:00 am - 7:00 pm  
Saturday 8:00 am - 2:00 pm

## 50+ WINTER SPORTS & FITNESS TRIPS

- **PLEASE NOTE:** All winter trips departure and return location is the Palo Duro Sports & Fitness Center.

### Tuesday Cross Country Ski Trips:

**Starting January 4, - March 1, 2022**

Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment not provided.

**Check-in: 8:00am**

**Depart: 8:15am**

**Return: 5:00pm may vary depending on ski location**

### Wednesday Snowshoe Trips:

**Starting January 5, - March 2, 2022**

We provide snowshoes and poles or bring your own. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains.

**Check-in: 8:00am**

**Depart: 8:15am**

**Return: 5:00pm may vary depending on snowshoe location**

### Thursday Downhill Skiing & Snowboarding Trips:

**Starting January 6– March 17, 2022**

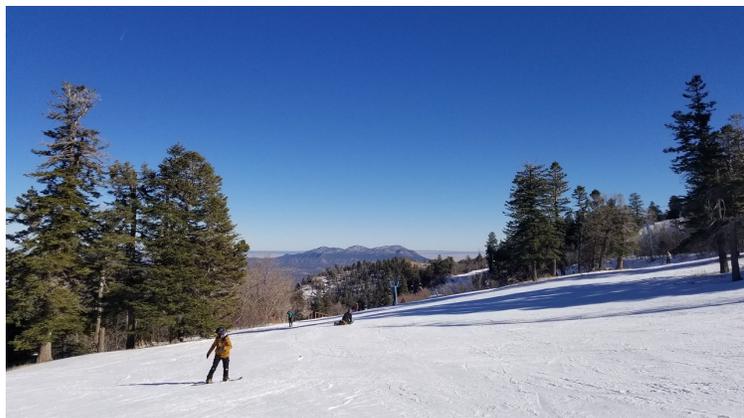
We do the driving and you hit the slopes at Santa Fe Ski area.

Ski lift tickets are not provided.

**Check-in: 7:00am**

**Depart: 7:30am**

**Return: 4:30pm**



## Important Registration Information:

- Registration begins on December 16, 2021 starting at 7:00am
- Must have a current membership to participate and register for trips
- Winter registration forms accepted at Palo Duro Sports and Fitness Center all day, North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept forms on 12/16/2021 until 12:00pm.
- Two registration forms limit per person
- All trips are subject to change or may be cancelled due to inclement weather
- Registration for Winter Trips are on a first come, first serve basis
- Participants must leave and stay with the group on all trips. No Exceptions.
- Cancellations for day trips will require a minimum 24 hr. notice
- Three or more trip no shows without prior 24-hour cancellation will result in a removal from all trips

**Masks must be worn in centers and transport vehicles at all times regardless of vaccination status.**

**Exercise Class Schedule**

**Aerobics:**

**Every Mon., Wed., Fri.**

This low – impact class combines energizing music with a fun routine to strengthen the cardiovascular system. For beginners to the advanced; work at your own level. Burn calories & get a great work out!

**Joe O. Armijo Los Volcanes Sports & Fitness Center**  
8am-9am

**Palo Duro Sports & Fitness Center**  
8am-9am

**North Domingo Baca Gymnasium**  
8:15am-9:15am

**Manzano Mesa Gymnasium**  
8:15am-9:15am

**Highland Senior Center**  
9am-10am

**Gentle Exercise:**

**Every Mon., Wed., Fri.**

Easy aerobics routine that is done in or out of a chair. This class is designed to help you gain strength, endurance, flexibility, balance and bone density.

**Joe O. Armijo Los Volcanes Sports & Fitness Center**  
9:15am-10:15am

**Palo Duro Sports & Fitness Center**  
9:15am-10:15am

**North Domingo Baca Gymnasium**  
9:30am-10:30am

**Manzano Mesa Gymnasium**  
9:30am-10:30am

**Highland Senior Center**  
10:15am-11:15am

**Flex & Tone:**

**Every Tues. & Thurs.**

Stretch and strengthen your entire body. Exercises are designed to improve flexibility, agility, range of motion, posture and muscle tone.

**Joe O. Armijo Los Volcanes Sports & Fitness Center**  
8am-9am

**Palo Duro Sports & Fitness Center**  
8am-9am

**North Domingo Baca Gymnasium**  
8:15am-9:15am

**Manzano Mesa Gymnasium**  
8:15am-9:15am

**Highland Senior Center**  
8:15am-9:15am



**LaBlast:**

**Every Mon. & Thurs.**

Fitness classes Powered by Dance

**North Domingo Baca Aerobic Room**  
Mon.: 9am-10am  
Thurs.: 10am-11am

**Chinese Folk Dance: Every Tues. & Sat.**

Chinese Festive Dance

**North Domingo Baca Aerobic Room**  
Tues.: 10am-12pm  
Sat.: 12:30pm-2:30pm

**PLEASE NOTE:** It is strongly suggested that all members consult with their physician before starting a new exercise plan.

**Fitness Equipment**

**Orientation:**

Unsure on how to use the fitness equipment or need help getting started? Call to sign up for an orientation appointment and our Sports & Fitness staff will show you how to use the equipment properly and safely.

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**

Call (505) 767-5990 for appointment

**Manzano Mesa Sports & Fitness Center**

Call (505) 275-8731 for appointment

**North Domingo Baca Sports & Fitness Center**

Call (505) 764-6496 for appointment

**North Valley Fitness Room**

Call (505) 880-2800 for appointment

**Palo Duro 50+ Sports & Fitness Center**

Call (505) 880-2800 for appointment

## Exercise Class Schedule



**Dance 2 Enhance:  
Every Mon., Tues., Wed., &  
Fri.**

Cardio Exercises through  
Dance Class

**North Domingo Baca  
Aerobic Room**

Mon.: 5:30pm-6:30pm  
Tues.: 5pm-6pm  
Wed.: 8:15am-9:15am  
Fri.: 10am-11am

**Hula:  
Every Wed.**

Hawaiian Culture and Hula

**North Domingo Baca Aerobic  
Room**

5:30pm-7:30pm

**Happy Dance:  
Every Fri.**

Asian Folk Dance

**North Domingo Baca Aerobic  
Room**

6:30pm-8:30pm

**NM Folk Dance:  
Every Wed.**

New Mexican Classical Dance

**North Domingo Baca Aerobic  
Room**

9:30am-11am

**Indian Cultural Dance:  
Every Mon., Wed., Thurs., &  
Fri.**

Performance Arts of Indian  
classical dance

**North Domingo Baca  
Aerobic Room**

Mon.: 4:30pm-5:30pm  
Wed.: 4:30pm-5:30pm  
Thurs.: 4:30pm-5:30pm  
Fri.: 4pm-6:30pm

**Kung Fu:  
Every Sat.**

Chinese Martial Art from  
concentration and self-  
discipline

**North Domingo Baca Aerobic  
Room**

10:30am-12:30pm

**Aikido:  
Every Tues. & Thurs.**

Modern Japanese Martial Arts

**North Domingo Baca  
Aerobic Room**

Tues.: 6pm-7:30pm  
Thurs.: 6pm-7:30pm

**Zumba Gold:**

**Every Tues. & Thurs.**

An exhilarating, Latin-inspired, easy-to-follow, calorie burning dance fitness party. It achieves the perfect balance of a progressive core workout, full body cardio and strength training, and a stress-relieving, energy producing fitness experience. Zumba Gold is specially designed to suit the needs of active older participants as well as those who haven't exercised for some time.

**Joe O. Armijo Los Volcanes  
Sports and Fitness Center**

9:30am-10:30am

**Latin Dance Lessons:  
Every Tuesday**

Learn the basics of Social Latin Dance in the friendly & fun environment catering to the novice learner! Participants will receive easy to learn instruction in Merengue, Cumbia, Bachata, Salsa, Cha-Cha-Cha, and the Romantic Rhumba! As well as "fun facts" about each dance style. ATHLETIC SHOES REQUIRED.

**Joe O. Armijo Los Volcanes  
Sports and Fitness Center**

5:30pm-6:30pm

**American Kenpo Karate:  
Every Mon., Wed., & Fri.**

Martial arts based on modern-day street fighting that applies logic and practicality

**North Domingo Baca  
Aerobic Room**

Mon.: 10:30am-12pm  
Wed.: 11:30am-1pm  
Fri.: 8:30am-10am

## Exercise Class Schedule

### Fit Ball:

**Every Mon., Wed., & Fri.**

Strengthen and tone your body using exercises that combine stability balls and free weights. Good for improving posture, balance, and flexibility all while challenging your core.

**Joe O. Armijo Los Volcanes Sports and Fitness Center**  
10:30am-11:30am

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### Pilates:

**Every Tues., & Thurs.**

This contemporary Pilates class is designed to emphasize core stability, postural alignment, full body breathing and total body toning. Pilates helps to increase flexibility, stamina, and builds strength while reducing stress and fatigue.

**Joe O. Armijo Los Volcanes Sports and Fitness Center**  
10:45am-11:45am

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### Yoga for Well-Being:

**Every Thurs. & Sat.**

Improve balance, posture, and confidence with yoga. Increase strength, flexibility and focus. Let your breath guide you to relax or energize. All are welcome!

**Joe O. Armijo Los Volcanes Sports and Fitness Center**  
Thurs.: 2:15pm-3:15pm  
Sat.: 9am-10am

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### Yoga:

**Every Sat.**

Mixed Level

**North Domingo Baca Aerobic Room**  
9am-10:15am

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### Tai Chi:

**Every Wed.**

Internal Chinese martial art practiced for defense training, health benefits and meditation

**North Domingo Baca Aerobic Room**  
7:30pm-8:30pm

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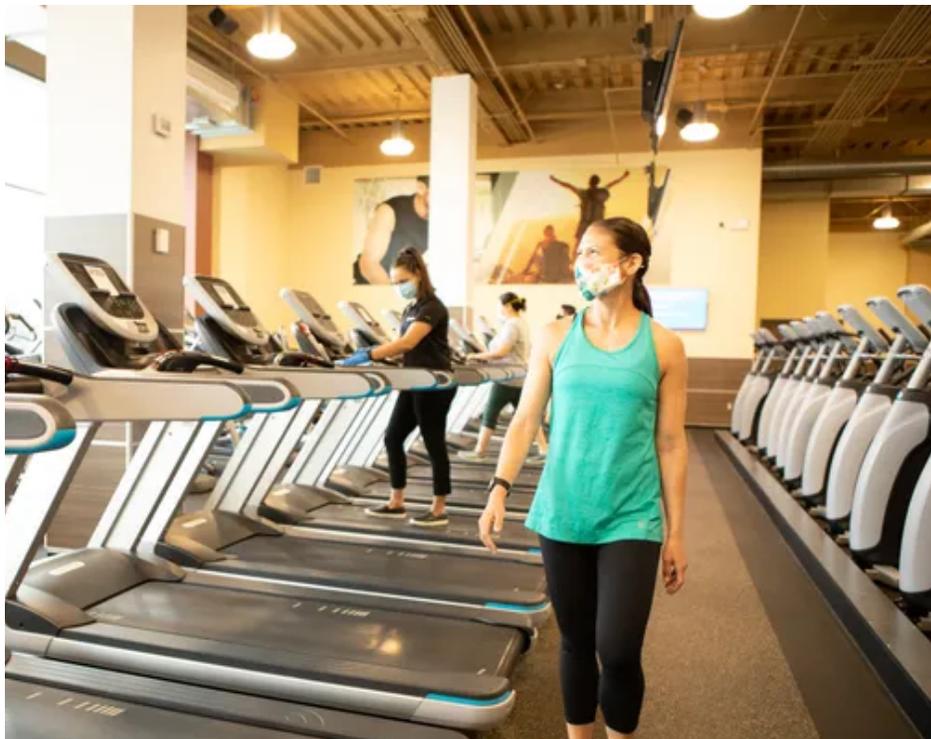
### Qigong:

**Every Tues., Thurs. & Fri.**

Healing practice that combines meditation, controlled breathing and gentle movement

**North Domingo Baca Aerobic Room**  
Tues.: 9am-10am  
Thurs.: 9am-10am  
Fri.: 1pm-2pm

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## Aquatics

### Session One:

**Mon., Wed., & Friday, 9am-10am**

Number of classes: 3 classes/week

Transportation: provided from all six Albuquerque senior centers.

Self-drivers are also welcome, but must be registered for the session.

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### Session Two:

**Mon. & Fri., 1:15pm-2:15pm**

Number of classes: 2 classes/week

Transportation: provided from all six Albuquerque senior centers.

Self-drivers are also welcome, but must be registered for the session.

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### Session Three:

**Tues. & Thurs., 9am-10am**

Number of classes: 2 classes/week

Transportation: provided from Palo Duro Sports & Fitness Center.

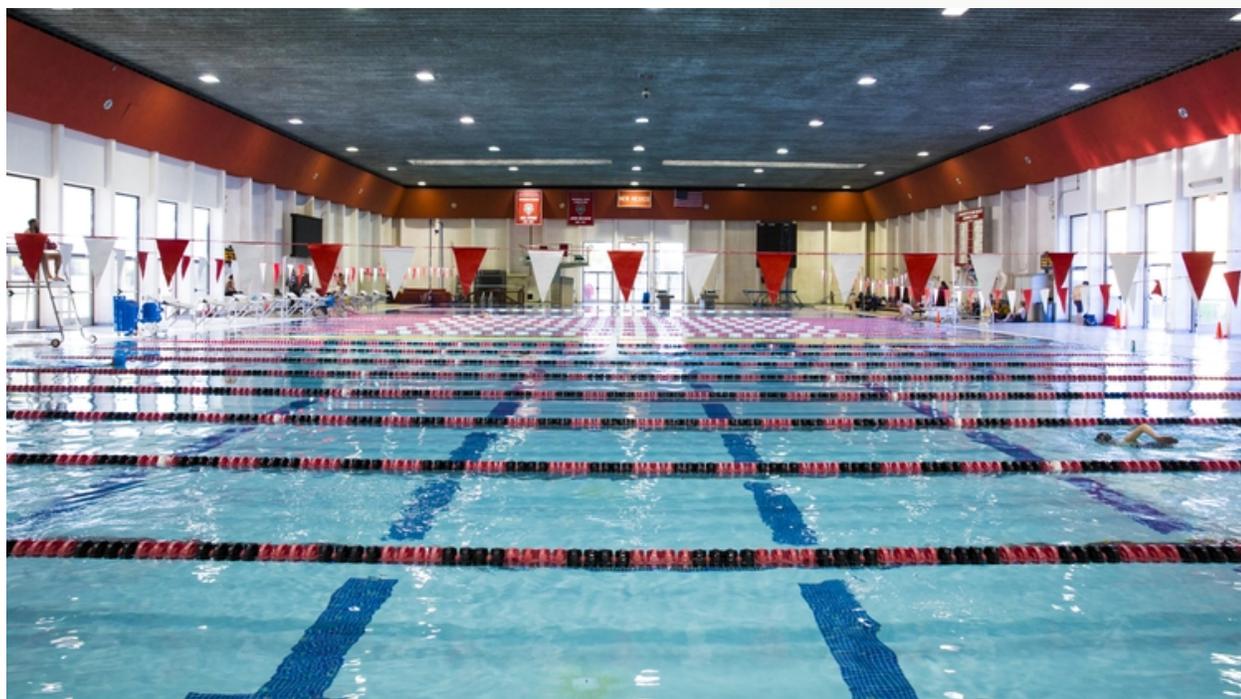
Self-drivers are also welcome, but must be registered for the session.

### Water Exercise:

UNM Therapy Pool water exercise class will lead participants through a series of exercises that will increase joint mobility and develop muscular strength.

### Registration:

Due to high program demand, aquatics registration is done by a lottery system. Lottery forms are available at all senior, multigenerational and fitness centers. Lottery forms can be picked up on the 10th of every month and must be returned by 15th of every month. Visit with front desk center staff for details.



## Evidence Based Prevention classes

### Tai Chi for Arthritis:

**Every Tues.**

**Pre-Registration Required**

**Registration Begins Dec. 16, 2021**

This 8-week evidence-based falls prevention exercise program improves muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness. Medical studies show the program to relieve pain in arthritis patients, prevent falls in older adults and improve overall health.

**Palo Duro 50+ Sports & Fitness Center**

Jan. 11, 2022 - Mar. 1, 2022

1pm-2pm



### Enhance Fitness:

**Every Mon., Wed., & Fri.**

**Pre-Registration Required.**

A low-impact aerobics class geared to strengthen and condition your whole body. An award-winning, evidence based physical activity for adults 50+ run by the New Mexico Senior Olympics.

**Joe O. Armijo Los Volcanes Sports & Fitness Center**

1pm-2pm



## ABQ 50 + Games Information

- **Eligibility:**

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2022 and have a current membership to the Department of Senior Affairs.

- **Partners/teams:**

Your doubles partner and or each team member must register separately.

- **Age Divisions:**

In singles events, participants may not play up or down in the age, but must play in their own age group.

- **Age Categories:**

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

- Age divisions for doubles, mixed doubles, and team competitions will be determined by the age of the younger partner as of December 31, 2022.

- **Rules:**

Rules for the local Albuquerque 50+ Games are subject to change. New Mexico Senior Olympics Rule book is available online at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)



### Registration:

- One registration form covers all events for the 2022 Albuquerque 50+ Games.
- Registration forms can be picked-up and completed forms can be returned to any sports & fitness center.
- Incomplete registrations cannot be accepted.
- All participants must have a valid Department of Senior Affairs membership to participate in the Albuquerque 50+ Games.

### ABQ 50+ Game Fees:

- Department of Senior Affairs: Annual Membership-\$20
- ABQ 50+ Games Registration-\$12
- Golf Fees: \$34 with cart (subject to change) Fee paid at golf course
- Bowling Fees: \$8.00 per event. Fees paid at Skidmore's Holiday Bowl

### Registration Deadlines:

- One Week prior to events.
- Registration deadline for swimming is Wednesday February 9, 2022.

## ABQ 50 + Games Information

Sport	Events	Date	Time	Location
Airgun	Competition:Pistol Standing, Pistol Supported, Rifle Standing & Rifle Supported	Sat. Jan. 15, 2022	8:00am	Eldorado High School
Archery	Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release	Sat. April 23, 2022	9:00am	Archery Range, Tijeras, NM
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., April 1, 2022	10:00am	Manzano Mesa Multigenerational Center
Bowling	Competition: Singles, Doubles, Mixed Doubles, Teams	Tue. Mar. 1, 2022 Wed. Mar. 2, 2022 Thur. Mar. 3, 2022 Thur. Mar. 3, 2022	9:00am 12:30pm	Skidmore's Holiday Bowl
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	TBD	5:00pm	TBD
Field Events	Competition: Long Jump & Standing Long Jump	TBD	8:00am	TBD
Golf	Competition: Men's & Women's 18 Hole Scratch	Wed., April, 20, 2022	TBA	Arroyo Del Oso Golf Course
Pickleball	Competition: Singles, Doubles, Mixed Doubles	Fri., May, 13, 2022 Sat., May, 14, 2022 Sun., May, 15, 2022	12:00pm 8:00am 8:00am	Manzano Mesa Outdoor Courts
Powerwalk	Competition: 5K Powerwalk	Sat., April, 16, 2020	8:00am	Balloon Fiesta Park
Powerwalk	Competition: 1500M	TBD	8:00am	TBD
Racewalk	Competition: 5K	Sat., April, 2, 2022	8:00am	Balloon Fiesta Park
Racewalk	Competition: 1500M	TBD	8:00am	TBD
Roadrace	Competition: 5K & 10K Run	Sat., April, 9, 2022	7:00am	Balloon Fiesta Park
Shuffleboard	Competition: Singles & Doubles	Fri., April, 15, 2022	10:00am	Manzano Mesa Multigenerational Center
Swimming	Competition: <i>Breaststroke</i> : 50, 100, 200 & 500; <i>Freestyle</i> : 50, 100, 200, & 500; <i>Backstroke</i> : 50, 100, 200, & 500; <i>Butterfly</i> : 50, 100, 200, & 500; <i>Individual Medley</i> : 100, 200 & 400 (4 Stroke, 1 Swimmer); <i>Relay Medley</i> : 200 (Open Stroke, 4 Swimmers)	Sat., Feb., 26, 2022 Note: Deadline to Register is Wednesday February 9, 2022	WARMUP/ CHECK IN: 7:30am 8:30am	West Mesa Aquatic Center
Table Tennis	Competition: Singles, Doubles & Mixed Doubles	Sat., Mar., 26, 2022	9:00am	Bear Canyon Senior Center
Tennis	Competition: Singles, Doubles, Mixed Doubles	Tues., April, 12, 2022 Tues., April, 19, 2022 Tues., April, 26, 2022	5:00pm	Jerry Cline Tennis Courts
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 by 100m relay	TBD	8:00am	TBD



Department of Senior Affairs  
[cabq.gov/seniors](http://cabq.gov/seniors)