

State of the Art Facilities

Hours of Operation:
Monday 4:30am - Midnight
Tuesday 4:30am - Midnight
Wednesday 4:30am - Midnight
Thursday 4:30am - Midnight
Friday 4:30am - 10:00pm
Saturday 5:30am - 8:00pm
Sunday 8:00am - 7:00pm

Free Weights and
Machines
Treadmills
Stationary Bikes
Recumbent Bikes
Elliptical Trainers
Stair Climbers
Step Mills
Kinesis
Mind & Body Studio
Personal Training*
Parisi Speed School
Stretching Mats
CPR Certified
Employees
AED Certified
Employees

FREE KID'S CLUB
Cardio Theater
Disinfectant Wipes
Locker Rooms
Pre & Post Workout
Drinks
Pre & Post Workout Bars
Energy Drinks
Protein Drinks & Bars
Bottled Water
Pro Shop (Apparel)
Body Composition
Testing
Nutrition Management
Weight Management
Services
Tanning

Group Exercise Programs:
We offer a variety of classes including; Yoga, BodyPump, Aquatics and Group Indoor Cycling.

Aquatics Facilities Include:
Indoor Pool
Water Aerobic Classes
Whirlpool
Steam Room
Dry Sauna

*Our Personal Trainers will provide each new member a free FIT (Fitness Introductory Training) session which includes a free assessment of your current body composition, muscular deviations and posture analysis in order to guide you toward your fitness goals.

Juan Tabo & Candelaria
3301 Juan Tabo NE
Albuquerque, NM
87111
505.296.7000

San Mateo & McLeod
4930 McLeod NE
Albuquerque, NM
87109
505.888.7097

Coors & Montano
6210 Riverside
Plaza Ln NW
Albuquerque, NM
87120
505.899.0086

HWY 520 & Ridgerock Rd
4080 Ridgerock Rd
Rio Rancho, NM 87124
505.892.4080

E. 20th Street & Sullivan
1700 E. 20th St.
Farmington, NM 87401
505.325.3565



every BODY wins!®