

# *Rio Grande Indoor Pool*

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**2312 Arenal SW, Albuquerque, New Mexico 87105  
Ages 18+**

## **Adult Lap Swimming**

**Monday-Friday : 6am-8am and 12pm-2pm**

## **Water Aerobics**

**Tuesdays and Thursdays 10am-11am**



**Wellness Referral Center  
(505) 445-5332**