



YOGA



TRX

# May Fitness Schedule



INDOOR  
CYCLING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
0630		CrossFit Sky/Kris		CrossFit Sky/Kris
0830	Step Dawn		Step Dawn	
1100	CrossFit Sky/Kris		CrossFit Sky/Kris	
1130	Spin Melanie	CrossFit Sky/Kris	Muscle Fusion Jessica	CrossFit Sky/Kris
1220	Bend & Balance Dawn/Sky	Pilates Dawn	Bend & Balance Dawn/Sky	Pilates Dawn <b>No Class May 4th</b>
1645 - 1700	1700 Buns, Guns & Guts Lori	1645 TRX Dawn	1700 Buns, Guns & Guts Lori	1645 TRX Dawn <b>No Class May 4th</b>
1730 - 1745	1745 Spin Lori	1730 Yoga Cassie	1745 Spin Lori	1730 Lengthen & Strengthen Lori <b>No Class May 4th</b>

**SPECIAL! Spin Class Friday, May 5th at 1745—Disney Theme with Lori!**

Fees: NOW \$50.00 for a 40 punch card or \$5.00 walk-in  
(attend classes all day at no extra punch)  
No refunds



SEARCH: WSMR Bell  
Gymnasium Bldg 236



Bell Gymnasium- Bldg 236 / 575.678.3374 [www.wsmrmwr.com/bell\\_gymnasium](http://www.wsmrmwr.com/bell_gymnasium)

## Class Descriptions

(ALL CLASSES ARE BEGINNER TO ADVANCED)

**Muscle Fusion (MF):** Double your calorie burn, shed fat and define your muscles with this cardio and strength class. It features higher reps and mid-range weights, plus intense sports conditioning cardio intervals.

**Spin:** This 45 minute non-stop indoor cycling class will teach you the proper form, while simulating a ride that takes you through hills, sprints, climbs and flat terrain.

**Bend & Balance:** Incorporating movements from different formats, such as Yoga, Pilates, and Mobility- while connecting your breath to movement. Each class will focus on core strength and increased range of motion through flexibility training. It's a great class to find your inner and outer balance.

**CrossFit:** WOD (Work Out of the Day) incorporates elements from high-intensity interval training, Olympic weightlifting, plyometric, powerlifting, gymnastics and calisthenics, just to name a few. Movements are scaled to a variety of levels, so don't be intimidated if strength training is new to you. Embrace where you are and get ready to get stronger!

**Yoga:** Yoga is a physical, mental, and spiritual practice. Linking movement to breath, you will get a whole body workout, while relaxing the mind to leave you feeling centered.

**Pilates:** This mat workout concentrates work on core strength, body alignment and muscular balance. The overall goal of Pilates is to lengthen and tone the muscles of the core without adding bulk. If you are looking for that long, lean dancer body this is the class for you!

**TRX:** This 45 minute workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You are in control on how much you want to challenge yourself on each exercise. Combined with cardio—you won't miss out on any component of fitness.

**Step:** Come enhance your calorie burn through this fun Step Aerobics class! Step height can be tailored for your individual challenge. Classes use rhythm and music to make the class time fly by!

**Buns, Guns & Guts:** This is a fun, 30 min class that specifically targets common "problem areas". You'll work on building strength, adding definition, increase bone density and decrease body fat. By adding lean muscle to your body, you can speed up your metabolism and burn more calories working out and at rest. No muscles will be left out!

**Strengthen & Lengthen:** In the 45 min class, you will work on core stability, muscle symmetry, strength, and ability to control movement are critical to injury prevention. With this workout you can lengthen while strengthening your entire body.