



YOGA



TRX

# July Fitness Schedule



INDOOR  
CYCLING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
0630	Bells, Bands, & BOSU Tess	CrossFit Sky	Bells, Bands, & BOSU Tess	CrossFit Sky
0830	Step Dawn	Outdoor Ride Dawn	Step Dawn	Outdoor Ride Dawn
1100	CrossFit Sky	30-30 Spin-Circuit Lori/Tess	CrossFit Sky/Kris	30-30 Spin-Circuit Lori/Tess
				CrossFit Foundations Sky
1130	Spin Melanie	CrossFit Sky	Muscle Fusion Jessica	CrossFit Sky
1220	Bend & Balance Sky	Pilates Dawn	Bend & Balance Sky/Dawn	Pilates Dawn
1630	Swimtastic Stroke Work Lori		Swimtastic Stroke Work Lori <b>No Class July 5th</b>	
1645- 1700	1645 Aquatics Dawn	1645 TRX Dawn	1645 Aquatics Dawn	1645 TRX Dawn
	1700 Buns, Guns & Guts Chris		1700 Buns, Guns & Guts Chris	
1730 - 1745	1745 Spin Lori/Chris	1730 Yoga Cassie	1745 Spin Lori/Chris	

**No classes July 3rd and 4th.**

**Bell Gym will be open 0700-1600 on July 3rd and closed on July 4th.**

**Fees: NOW \$50.00 for a 40 punch card or \$5.00 walk-ins  
(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 Foundations:** New to CrossFit? Come learn the basics of CrossFit! (see CrossFit description above).

**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!

**30-30/Spin-Circuit:** The 30-30 Spin-Circuit class is a one hour class that includes 30 minutes of spinning and 30 minutes of circuit based exercises for a total body workout. All levels of participants are welcome to join!

**Aquatics:** The water's great! We offer low to high intensity aqua fitness classes designed to improve cardiovascular fitness, muscular strength and endurance. Whether you're trying to maintain your current level of fitness or reach a new level, the added benefit of training in water makes our aqua workouts safe and fun without impact to the joints. The use of equipment such as the step bench and handheld weights will assist in your resistance training.

**Outdoor Ride:** Take your exercise outdoors! Classes will be led through our beautiful WSMR installation for a novice bike ride. Rides generally consist of on/off road terrain and are about 7-8 miles in duration. Bikes and helmets are provided. Don't forget your water bottle!

**Swimtastic Stroke Work:** Whether a novice swimmer wanting to learn the basics; or a triathlon expert wanting to perfect proper form, breathing, and technique. This class is open to all levels of individuals wishing to improve their swim skills.

**Bells, Bands, & BOSU:** This is a fun, 30 min class that is a full body workout incorporating kettle bells, resistance bands, and BOSU balls. All fitness levels of participants are welcome to come get their sweat on!