

SPORTS & FITNESS SCHEDULE JANUARY

Bell Gymnasium Bldg. 236

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
0630	Functional Fitness Megan	Parent & Child Megan	Functional Fitness Megan	Group Fitness (By Reservation)
0930	Regular Gym Services	Regular Gym Services	Regular Gym Services	Parent & Child Megan
1100	CrossFit Foundations Matt	CrossFit Foundations Matt	CrossFit Foundations Matt	CrossFit Foundations Matt
1130	WSMR CrossFit Matt	WSMR CrossFit Matt	WSMR CrossFit Matt	WSMR CrossFit Matt
1230	Spin Megan	Group Fitness (By Reservation)	Spin Megan	Group Fitness (By Reservation)
1730	WSMR CrossFit Matt	WSMR CrossFit Matt	WSMR CrossFit Matt	WSMR CrossFit Matt



Fees: \$50 for a Fitness/Sport Punch Card with 40 punches, \$15 Punch Card with 10 punches, or \$3 per walk-in
Fitness Cards include a free In-Body assessment. Valid from 1 year of purchase and non-transferable.

 Search: WSMR Bell Gymnasium For more information call (575)678-3374 or visit whitesands.armymwr.com



Class Descriptions



CrossFit	<p>This high energy class incorporates elements from high intensity interval, Olympic weightlifting, plyometrics, powerlifting, gymnastics and calisthenics to complete a fun and effective workout. Movements are scaled to a variety of levels, so do not be intimidated if strength training is new to you. Embrace where you are and get ready to get stronger together.</p>
CrossFit Foundations	<p>Learn the basics of CrossFit. You will learn the nine foundational movements of CrossFit and how to complete each exercise safely and properly. This class is required prior to attending CrossFit.</p>
Functional Fitness	<p>Join Bell Gym while we put the FUN into Functional Fitness! This high energy class consists of a blend of weight training and cardio to ensure you get a full body workout.</p>
Parent & Child	<p>Fitness for everyone. Attend Bell Gym's Parent & Child class located on the basketball court. This full body workout incorporates both cardiovascular exercise and weight training, in a fun and high energy environment.</p>
Spin	<p>Come join Bell Gym fitness instructors for a fast paced, high energy, effective way to build cardiovascular strength and endurance.</p>