

Bell Gymnasium Information Sheet

Hours: **Monday - Friday** **0530-2000**
 Saturday & Sunday **0800-1600**
 Holidays **0900-1300**
(Closed Thanksgiving, Christmas and New Year's Day)

Equipment & Activities

Weight Room: Free-Weights, Hammer Strength machines, bench press racks, Smith machines, squat rack, lat pull downs, upright/decline/incline benches, Roman chair, fixed straight bars & fixed EZ curl bars 20-110 lbs, dumbbell set 5 to 150 lbs.

Circuit Training: Nautilus incline, overhead presses, rotary torso, abdominal, leg press, chest press, arm curl, triceps extension, seated leg curl, seated row, pectoral, rear deltoid.

Cardio Building: Life Fitness upright (8) and recumbent cycles (9), treadmills (12), elliptical (12), step (2), summit trainer (2), Broadcast Vision Fitness Cinema, Ergo Bike.

Aerobics Room: Step benches, mats, dumbbells, elastic bands, stability/medicine/bosu balls, body bars, barbell set, punching bags, jump ropes, resistance circles, wheels, kettle bells, 12 Spinner bikes, audio/video system.

Saunas: Male and female

Fitness: **Personal Training:** Female and Male Trainers Available- Goal Specific Training Sessions

Classes: Spin, Muscle Fusion, Dance Fit, Zumba, Cardiovascular, Weight Training, Core, Boot Camp

Health: Health Fair and support for the WSMR Wellness Program.

Courts & Fields: Full basketball, two racquetball, four tennis courts, running track, two softball fields, soccer field, football field, long jump track, and four outdoor basketball courts. All fields are lighted.

Recreation: League and tournament play for flag football, volleyball, softball, and basketball.

Special Events: Duathlons, Triathlons, Half Marathons, Fun Runs, Volleyball and Racquetball tournaments, Army/Navy football game, Fit & Fun Challenges.

Instructors/Trainers: Janet Bowe, Jason Van Haselen, Amber Munson, Molly Blakey, Shantel Gonzales

For Further Information: (575) 678-3374 Email: wsmrsports@conus.army.mil

Facebook: WSMR Bell Gymnasium