



# FITNESS CLASSES

## DESCRIPTIONS



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FORT BLISS FITNESS

The **Fort Bliss Fitness Program** offers a wide variety of instructional classes to meet your fitness needs. We pride ourselves on having only Nationally Accredited Certified instructors lead our classes, who are dedicated to maintaining their education & developing their craft. From HIIT (High Intensity Interval Training), to indoor cycling, to low impact fitness, to Zumba and dance fitness, and to yoga, and much more, our group fitness classes service all the demographics of people we see on Fort Bliss. **We welcome all DoD ID card holders to utilize our services to include the large civilian workforce on Fort Bliss.**

### STRENGTH TRAINING/CONDITIONING

**High Intensity Interval Training (HIIT)** – This class will sculpt, tone and strengthen your entire body faster than you can imagine. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**Total Body Bootcamp** - This class provides a science-based training that is one of the fastest ways to sculpt and cut. This low weight and high-rep class will get you in shape for your fitness goals, strengthen your body, and be ready for whatever life throws at you!

**Muscle Up** - Make your fitness dreams come true with this HIIT-based class! HIIT is a scientifically-proven training style that can leave your body burning calories from 24 to 72 hours after the workout! This class has three goals: strengthen your muscles, burn your unwanted fat, and build your endurance. All it requires? 100% of your effort. It's time to hustle for that muscle!

**The Muscle Lab** - Grow muscles, grow! This "lab" hits all major muscle groups and helps them grow to help you build the body you want!

**The Glute Lab** - Get ready, get set, build those glutes! This "lab" specializes in building the 3 areas of the glutes because not only does it get you the glutes you want, but it can help reduce knee pain, reduce back pain, and increase power and athletic performance! Everyone can benefit from strong glutes- come into this "lab" to build them!

**Senior Fitness**– Low impact fitness program designed to improve activities of daily living, strength, agility, and endurance!

**StrongBodies** - A series of full body workouts, designed to teach proper form for weight training and bodyweight exercises, improve overall strength, maximize energy levels, increase flexibility, and build stamina. This class is for all fitness levels - get in the shape of your dreams.



**SCAN WITH YOUR SMARTPHONE CAMERA TO SAVE A DIGITAL COPY OF THE SCHEDULE. SCROLL DOWN TO 'GROUP FITNESS SCHEDULE'**

### INDOOR CYCLING

**Indoor Cycling** – This fun, challenging activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. It is commonly called spinning. All bikes have cages (for tennis shoes) and SPD clips (for cycling shoes).

### YOGA

**Yoga/Yoga for Athletes** - A class consisting of poses and following transitions with a focus on core strength cardiovascular fitness flexibility and an overall sense of well-being we build upon basic yoga poses to target specific muscle groups while maintaining safe alignment to reduce the risk of injuries. This class builds strength and balance physically and mentally; some meditation techniques will be introduced. All levels welcome.

**Yoga Power Hour**- Designed to improve flexibility and range of motion in the shoulders, hip, back, and legs. The poses and stretches in this class are designed to increase blood flow in muscles to help the body recover faster from tough workouts. Ample modifications are available to make this class accessible to all experience levels.

### DANCE CARDIO

**Zumba** - A fusion of Latin and international music that creates a dynamic, exciting, and effective fitness workout! This program is "exercise in disguise", you are having so much fun you forget you are exercising.

**Dance Cardio**- This free-spirited, rhythmically charged class, thrives on being all-inclusive and allowing people to get loose. International dance movements, bodyweight exercises, light hand-weights, and use of the step can be anticipated at this class. Geared towards any fitness level, the instructor's goal is to have you leave feeling empowered and full of endorphins.

### TOTAL GYM

**Total Gym** – Classes improve function and produce transformational results for every fitness level and for all users. Provides dynamic movement which promotes; physical transformation, group synergies and goal related results and is fun to use. Total Gym is efficient; it reduces overall workout time due to biomechanics of multiple muscle recruitment during continual time under tension.