

## Fitness & Sports Center

Last Updated Friday, 03 September 2010

400 N. DL Ingram Blvd • 575-784-2466

### Fitness Newsletter/Aug Calendar

The Fitness & Sports center is the place to go for all your fitness needs. The staff is 100% certified as PTLs and have attended Fitness Fundamentals making them all personal trainers.

There is plenty of space for all Wing organizations to conduct group PT sessions. There is a state of the art cardio theater with wireless recumbent bikes, upright bikes, treadmills and cross-trainers. There are over 20 group exercise classes available per week. Our fitness professionals can help get you fit and keep you fit.

If you are looking for a physical challenge, try our many Wing 5K runs and our annual Gate to Gate Run. This 5.5 mile course starts at the Portales gate, winds through the installation and ends at Memorial Park.

### Activities