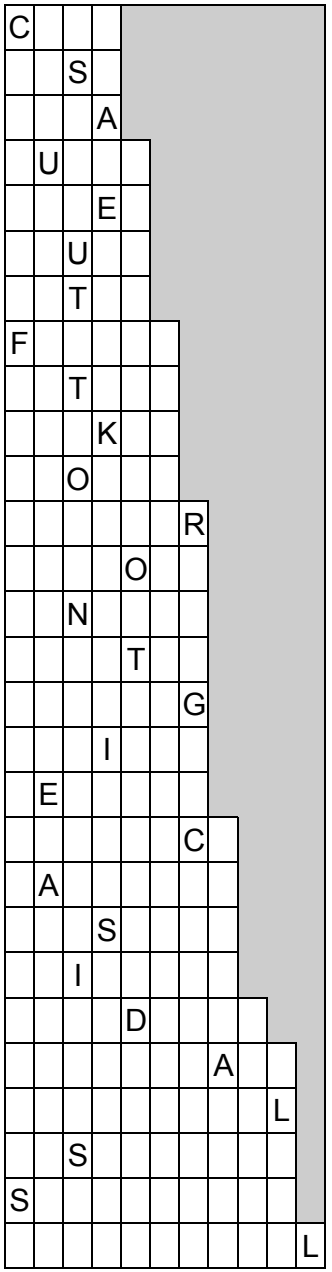
AT THE GYM!

Some gyms now have a __ where you can buy healthy snacks
Weight __ is only one of the benefits of going to the gym
There are many version of __ - Hatha, Ashtanga, Bikram, Iyengar
Some gyms allow you to bring a __ for a small fee
Trainers can help you figure out your BMI - Body Mass __
Many gyms have a dry or steam __ to help you relax
Be sure to drink lots of __ before, during and after working out
If your gym has a pool, bring your children only during __ swim hours
A dip in the __ __ or whirlpool is a nice finish to a workout
Change your clothes and shower in the __ room
A hot __ after a workout feels good on your muscles
Why walk up flights of stairs when you can use a stair __
Swimming __ may be offered if your gym has a pool
Most gyms have a __ fee that you pay for membership
__ mat or reformer classes focus on strengthening the body's core
Join a __ club or just use a treadmill in the gym
Want someone to motivate and challenge you? Get a personal __
It's a good idea to use a spotter when using heavier free __
__ classes are meant to elevate your heart rate
Weight lifting __ can help isolate muscle groups without free weights
Sport, hot stone and Swedish are types of __
__ classes are basically aerobics on bikes
Many gyms provide free __ __ so moms and dads can workout
__ courts can be used for one-on-one games or volleyball
__ trainers are easier on your knees due to the range of movement
Kinesis is a __ based workout focused on flexibility and strength
__ is a very important part of a work out to avoid sore muscles
Some gyms include __ courts or indoor tennis courts for members



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Enter unused letters from puzzle, in order:

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