



GORDON "BEN"

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Fitness Instructor

My name is Gordon Benton (Ben) Love sports and fitness Received my first fitness certification over 30 years ago, Started teaching Classes at Holloman AFB and in the local community, One of the original Spin instructor trained by Johnny G (one of the first in NM) Taught one of the first Spinning class at Holloman and in Alamogordo, I currently hold over 9 different fitness certifications plus Aqua Aerobics - Pilates plus specialized training in Senior fitness, I would have to say that my Favorite classes is Spinning (indoor cycling) and Aqua Aerobics.

- ■ 20 years NMAA Sports Official, Regional Assignor (college and semi pro also)
- ■ Former High School Athletic Director and Health/PE teacher NMAA Licensed
- ■ Certified trainer for Nafta (can train personal to be fitness instructors) Owner of Fitness to Go a mobile Fitness and Personal Training Business Specializing in senior Fitness.
- ■ From Midland NC, Attended NC State University, New Mexico state university,
There is a lot more including sports and fitness stuff plus several years of teaching at NMSU at Alamogordo.