

CompuTrainer



Realistic 3D graphics with scenery selections. Performance like SpinScan, pedal analysis, and aerodynamic drag factor. Real time and average values such as power output, heart rate, and speed.

MicroFit System

complete assessment capabilities by appointment



bicep strength



sit reach



blood pressure/heart rate



body fat



aerobic fitness

plus body circumference, body mass index, pull-ups, push-ups, sit-ups, weight, back flexibility, waist-hip ratio, mile run, half mile run, quarter mile run and more

Call 454-6440 for information

Special Annual Events

January

New Year Fitness Orientation & Fitness Assessments

February

Push up Pull up Sit up Challenge

March

Pot O' Gold Run/Walk

April

Golf League begins

May

Health & Wellness Expo

June

Battlefield Day

July

Triple Threat

August

Dog Day Challenge

September

Fall Fun Run/Walk

October

5 Card Draw Run/Walk

November

Triple Threat

December

Bench Press Competition



LIKE US



on Facebook and receive updates

Look for: Arnold AFB Services

Certified staff

to help with your physical health

Ron Stephenson

Exercise Science degree
National Academy of Sports
Medicine Certified
Personal Trainer (NASM-CPT)

Joe Watters

Hardstyle Kettlebell Certified (HKC)
Cooper Institute Certified
Personal Trainer (CI-CPT)

Call 454-6440 or stop by to
schedule an appointment.



located on Wattendorf Highway

931-454-6440 DSN 340

Mon-Fri 5am-7:30pm

Sat 8am-1pm

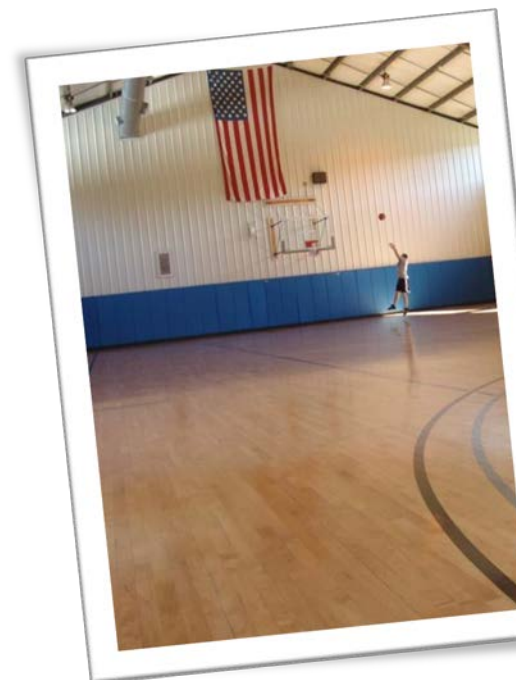
Sun Closed

Holidays vary

Daily use of the Fitness Center is for authorized users only. Please inquire about eligibility.

As of March 2016
Information subject to change.
Please call to verify policies and hours.

Fitness Center

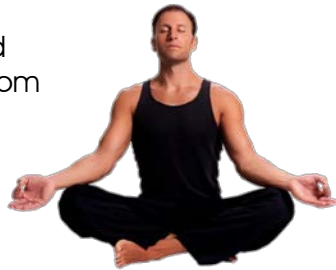


Group Classes



Interval Training
Mon*Wed*Fri
6-6:45am

Yoga
Mon*Wed
11am-12pm



Cycling
Tue*Thu
11am-12pm
(by Wellbeats Kiosk
Apr-Sep)

WELLBEATS Kiosk Classes

Vibe Dance * Fusion Mind Body
Fit For Duty
Rev Cycling * TKO Kickboxing
Stomp Step * Kinetics
*Ask about Orientation
and Scheduling*

Fitness Facility



Basketball / Volleyball Court
Cybex Arc-Trainers
Treadmills
Ellipticals
Stability Balls
Medicine Balls
Weight Room
Free Weights

Selectorized Resistance Equipment
Cardiovascular Equipment
Men's & Women's Daily Use Locker Rooms



Racquetball Facility

Men's & Women's
Daily Use Locker
Rooms with Saunas

Various Aerobic
Machines



Call 454-6440
to reserve
Racquetball Court



A&E Annex Facility

For authorized users only
Requires PIN number to access



Sports Program

open to all AEDC personnel,
active duty & retired military,
National Guard and Reserve.
Sign up individually or by team

Golf (Arnold Golf Course) – Apr-Jul (M/T)

- Playoffs at Conclusion
- 4 People Per Team
- League Fees Apply
- Modified Daily Green Fees
- Cart Rental Extra

Incentive Programs

PT (Physical Training) Incentive:

- Designed to encourage active duty military participants to achieve an excellent PT score
- Individuals who attain or maintain the excellent PT category by 5 or more points improved from last PT score, or maintain 100% for two consecutive PT tests, wins a prize.

Military Spouse Incentive:

- Any active duty military spouse signing in any group exercise class for a total of 30 classes in a 60 day period wins a prize.
- Participants must register with FC staff prior to attending classes.

Cycling Incentive:

- During the months of March through November participants that register with FC staff and log 700 miles verified by FC staff win a prize.

Run/Walk/Hike Incentive:

- During the months of March through November participants that register with FC staff and log 150 miles verified by FC staff win a prize.

*Prizes vary based on incentive type
and number of participants registered.*

Outdoor Trail

1.75 miles located behind the Fitness
Center inside mission area.
Accessible to badged employees only.



A&E Track

Five lane quarter mile track



Bicycle Check Out

