

New Fitness Center

Interesting Facts:

- State-of-the-art 15.5 million dollar facility.
- Approx. 51,000 square feet.
- We serve over 700 customers daily
- Available to use for active duty, retirees, dependents, DoD civilians & base contractors.



Fitness Annex Bldg 9005

Used to supplement the main fitness center. Main use is for squadron physical training. Features indoor basketball/volleyball court, weight room, circuit training room, dumbbell room, parent-child area, indoor cycling & racquetball courts.

Group Fitness Classes:

- Located in the Fitness Annex.
- Classes offered weekly; Including: yoga fitness, step interval-n-strength, salsa sizzle & total body conditioning.
- All classes are free!

Indoor Cycling Class:

- Located in the Fitness Center Annex, Bldg 9005.
- 9 classes offered per week.
- 40 State-of-the-art Keiser M3 Indoor Cycles.

Special Events

- Monthly 5k Fun Runs
- Triathlon
- Bench Press Competition
- Dodgeball Tournament
- Fit for Life
- Track Relays
- 3 on 3 Basketball



Fitness Assessment Cells

It is every Airman's responsibility to maintain the standards set forth in this AFI 365 days a year. Being physically fit allows you to properly support the Air Force mission.

The goal of the Fitness Program (FP) is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining higher level of readiness. Commanders and supervisors must incorporate fitness into the AF culture establishing an environment for members to maintain physical fitness and health to meet expeditionary mission requirements.

The Fitness Assessment (FA) provides commanders with a tool to assist in the determination of overall fitness of their military personnel.

Commander-driven physical fitness training is the backbone of the AF physical fitness program and an integral part of mission requirements. The program promotes aerobic and muscular fitness, flexibility, and optimal body composition of each member in the unit. The VAFB Fitness Assessment Cell (FAC) is located in the Fitness Center, Bldg 10130. For more information please call 605-5528.



VAFB Fitness Center

Hours of Operation:

Fitness Center Bldg 10130

Monday-Friday: 0430-2230
Saturday & Sunday: 0800-1900
Holidays: 0800-1800

Fitness Annex Bldg 9005

Monday-Friday: 0530-0830, 1500-1800
Saturday & Sunday: Closed

Tel: 606-3832
DSN: 276-3832

http://www.30fss.com/fitness_center.html



Personal Trainers

We have several personal trainers on duty to develop a custom fitness program to meet your needs and help you achieve your personal goals.

All VAFB personal trainers have been certified through an approved certifying agency. Our personal trainers have also been through extensive Air Force Fitness specialist training.



Locker Rooms

Men's locker room:

- 17 individual showers
- 276 lockers
- 1 large sauna

Women's locker room:

- 13 individual showers
- 223 Lockers
- 1 large sauna

Men & Women's DV locker room:

- Sauna
- Showers
- Full-size lockers



Work-Out Room

- 9,000 square feet
- Approximately \$500,000 of top-of-the-line cardiovascular & strength equipment.

Cardiovascular Equipment:

Treadmills, elliptical trainers, stair-steppers, spinning bikes, rowers, versa-climbers, upright bikes, recumbent bikes, arc trainers, step-mill, tread-climbers & summit trainer

Strength Equipment:

Full line of Cybex VR3 circuit, Hammer Strength circuit, Hammer Strength plate-loaded machines



Team Sports

Intramurals:

Our program includes the following sports:

basketball, over 30 basketball, volleyball, golf, softball, over 30 softball, soccer, flag football, bowling, racquetball, winter softball, and trap and skeet.

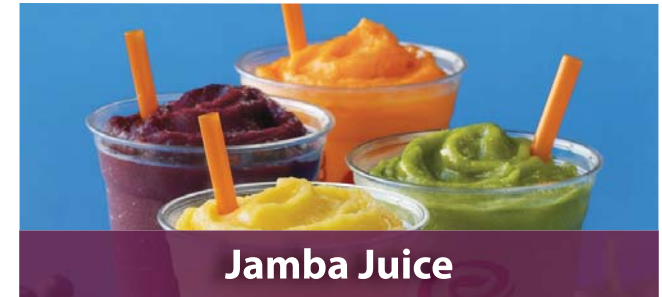


A Natural Knead



Massage:

- On site 5 days a week
- Over 10 years experience providing various massages from around the globe- swedish, thai, barefoot, deep tissue, hot stone, even one for expectant mothers
- Two private rooms (adjacent to locker rooms)



Jamba Juice



Jamba Juice

Smoothies:

Made with ingredients so classic, these blended-to-order masterpieces practically invented smoothies. All of your favorites are in the mix: real whole fruit, 100% fruit juice, sherbet, and frozen yogurt.