

Fitness Center Weekly Class Schedule

Effective 1 March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Senior Exercise	6:30 am Get Fit	9:00 am Senior Exercise	6:30 am Get Fit	9:00 am Senior Exercise	9:30 am Xtreme Hip Hop	
10:00 am Senior Water Aerobics		10:00 am Senior Water Aerobics		10:00 am Senior Water Aerobics		
		10:30 am Yoga				
11:30 am Power Pump	11:30 am Boot Camp	11:30 am Spin	11:30 am Core Fusion			
3:30 pm Get Fit		3:30 pm Get Fit		3:00 pm Get Fit		
	5:15 pm Amped Up	5:15 pm Tabata Cycle	5:15 pm Amped Up			
	5:30 pm WERQ	5:30 pm WERQ				

Yoga – Yoga combines physical exercises, mental medication and breathing techniques to strengthen the muscles and relieve stress.

GET FIT - Targets military members physical fitness test components to help member improve overall fitness.

Boot Camp – An interval training class that mixes calisthenics and body weight exercises with cardio and strength at the same time.

Power Pump - A full body workout with the use of a variable weight barbell. This class will strengthen and define your muscles and accommodate both novice and experienced weight lifters.

Spin - A cycling class that is high-intensity workout. This is non weight bearing-great for everyone!

Core Fusion- Improve functional strength for daily activities while you tighten and tone your core!

Amped Up- A total body challenge that is designed to target strength and muscular endurance.

WERQ - A Wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps with a HIIT/Strength component, so you get the best sweat.

Tabata Cycle – This class mixes traditional spin with tabata style strength training.

Xtreme Hip Hop – Extreme Dance Cardio set to hip hop music that will include step training and weights

Indoor Pool Hours

Effective 3 Oct 2022

Monday-Friday: 0600-1200

Monday-Thursday: 1630-1900

Saturday: 1200-1500

Sundays, Holidays and Down Days: CLOSED

Length	Laps	Distance in meters
1	½	25m
4	2	100m
40	20	1,000m
66	33	*1,650m

*Approximate Mile

Pool rules posted in the pool area. Please check with the Fitness front desk for more information.

Family Fitness Program

YOUTH CAN USE FAMILY ROOM
AT FITNESS CENTER

Children ages 10 - 12 may use the family room cardio and weight equipment following these stipulations:

- Become a registered user in the Youth Center's Fit Factor Program.
- Both a parent and child must attend and complete an introductory course provided by the Fitness Center.
- Must be under direct supervision of a parent at all times.
- The child will be issued an "Introductory Course Completed" card which they must keep with them at all times while using the facility.
- Use is restricted to the family exercise room Only!
- Remember: Safety, Safety, Safety!

Fitness Center Hours of Operation

Monday- Thursday 6am – 9pm

Friday 6am – 8 pm

Weekends 9am – 5pm

Holidays & Down Days 9am – 5pm

24 Hour Fitness Access now Available

Intramural Sports

Volleyball (Apr-Jun)

Golf (Apr-Oct)

Slow Pitch Softball (May-Sept)

Flag Football (Aug-Nov)

Bowling (Contact Tornado Alley)

Basketball (Oct-Mar)

Training

Cybox equipment-by appointment only.

Cardio vascular equipment - by appointment only.

Weight room equipment - by appointment only.

Call 759-4009

www.facebook.com/22FSS Fitness Center



McCONNELL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Fitness Center

22FSS/FSVS

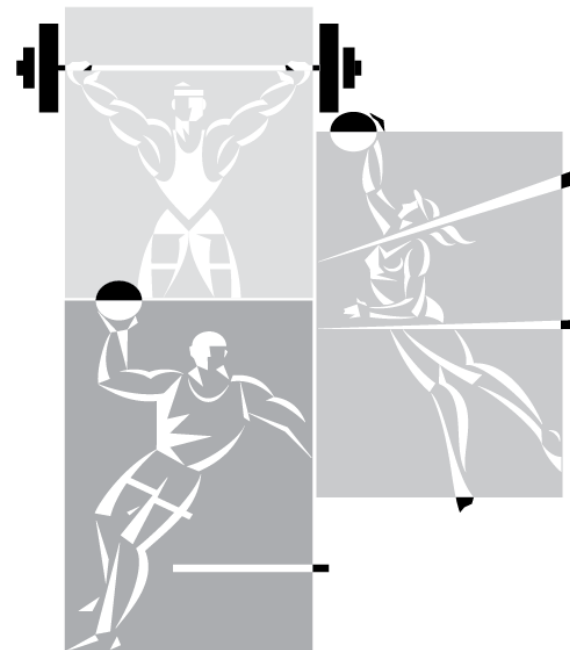
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Fitness & Sports

Program



759-4009

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