


Fitness Center Weekly Class Schedule

Effective 06 August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Senior Exercise	9:30 am Zumba	9:00 am Senior Exercise		9:00 am Senior Exercise		
11:30 am  Power Pump	11:30 am  Turbo Kick	11:30 am  Indoor Cycling	11:30 am  Power Circuit	11:30 am  Strong by Zumba		
			12:00 pm Warrior Fitness 		MASSAGE THERAPY 20 Minutes \$30 50 Minutes \$50 80 Minutes \$75 Hot Stone \$85 By Appointment Only Call 759-4009 For More Information	
4:00 pm  Functional Fitness	3:30pm  Get Fit	3:30 pm  Get Fit	3:30 pm  Get Fit	3:30 pm  Get Fit		
5:00 pm  Indoor Cycling		5:00 pm  Indoor Cycling				
5:30 pm  Power Pump			5:30 pm  Power Pump			
6:30 pm Tae Kwon Do	7:30pm Yoga	6:30 pm Tae Kwon Do		6:30 pm Tae Kwon Do		


Indoor Cycling - A motivating indoor cycling class led by a certified fitness instructor.

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.

Senior Exercise - Low-impact self-paced exercise for people over 55 at 9:00 am. Self paced senior water aerobics begins at 10am at the indoor pool.

Tae Kwon Do - \$25 a month for the first family member; \$20 a month second family member.

Turbo Kick - An intense choreographed kickboxing class, if you like to be challenged...come and play.

 = Offered by volunteer instructors. Subject to change.


Zumba - Combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries.

Functional Fitness - Class will feature anaerobic, aerobic, high intensity interval training, and circuit training. Connection between students and coaches. Learn how to perform key workouts correctly to reach your peak performance and physique.

Power Circuit - Full body toning class with bursts of cardio.

Warrior IV Life Fitness - Cross-training taken to the next level! Warrior IV Life Fitness is designed to complement your existing fitness regimen.

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

 = Fitness Improvement Program (FIP). (In accordance with AFI 34-266: Program targets Active Duty personnel who do not meet Air Force Fitness Standards.)

Indoor Pool Hours

Effective 28 May 2019

Monday-Friday: 0600-1100

Weekends, 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 – 8pm

Weekends 9am – 5pm

Holidays & Down Days CLOSED

* See front desk to register for
24 Hour Fitness Access

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



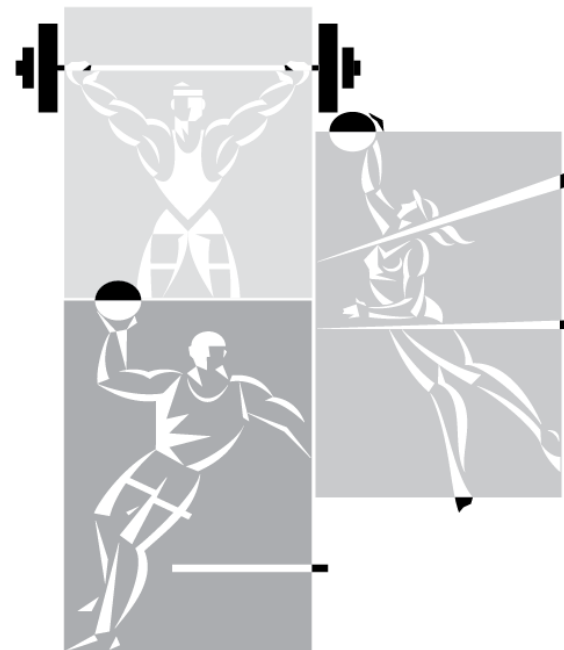
McCONNELL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

**Fitness Center
22FSS/FSVS**

**53479 Wichita St., #412
McConnell AFB, KS 67221-5000**

McConnell Air Force Base Kansas

Fitness & Sports Program



759-4009

www.RefuelMcConnell.com

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22FSS/FSVS**

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