

INDOOR POOL HOURS

Monday - Friday: 0600-1200/1600-1930

Saturday: 1200-1600

Closed Holidays & Down Days

Length	Laps	Distance in meters
1	1/2	25 Yards
4	2	100 Yards

INDOOR TRACK

Assessment	Laps
1.5-mile Run	23 1/2
2-km Walk	19 1/2

OUTSIDE TRACK

1 Lap	1/2 Mile
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HOURS OF OPERATIONS

Monday - Thursday 0600-2100
 Friday 0600-2000
 Weekends 0900-1700
 Holidays & Down Days 24-hour access only

intramural sports

VOLLEYBALL (MAR-APR)
 GOLF (APR-JUL)
 SOFTBALL (JUN-AUG)
 SOCCER/FLAGFOOTBALL (SEP-NOV)
 BASKETBALL (DEC-FEB)

24 Hour access

MCCONNELL AFB

FITNESS & SPORTS PROGRAM



22 FSS/FSVS

53479 Wichita St. #412

McConnell AFB, KS 67221-5000

COMM: 316-759-4009

DSN: 759-4009

Available to all active duty, retirees & dependents.

Age restrictions



Score Charts



Refuel
McConnell



Fitness Center
Facebook



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day No Classes	2 1130 HITT/ Strength 1715 Cycle	3 0900 Senior Classes 1000 Water Aerobics 1130 Cycle 1700 Yoga 1715 H2O Fusion	4 1130 HITT/Strength 1715 Strength	5 1130 Cycle 0900 Senior Exercise 1000 Water Aerobics	6 0930 Step&Sculpt
7	8 0900 Senior Exercise 1000 Water Aerobics 1130 Cycle 1715 Xtreme Hip Hop	9 1130 HITT/Strength 1700 Cycle	10 0900 Senior Classes 1000 Water Aerobics 1130 Cycle 1700 Yoga 1715 H2O Fusion	11 1130 HITT/Strength 1715 Strength	12 1130 Cycle 0900 Senior Exercise 1000 Water Aerobics	13 0930 Step&Sculpt
14	15 Wing Training Day 0900 Senior Exercise 1130 Cycle 1715 Xtreme Hip Hop	16 1130 HITT/Strength 1700 Cycle	17 0900 Senior Classes 1000 Water Aerobics 1130 Cycle 1700 Yoga 1715 H2O Fusion	18 1130 HITT/Strength 1715 Strength	19 1130 Cycle 0900 Senior Exercise 1000 Water Aerobics	20 0930 Step&Sculpt
21	22 0900 Senior Exercise 1000 Water Aerobics 1130 Cycle 1715 Xtreme Hip Hop 1600-1800 Spooky Pickleball	23 1130 Hitt/Strength 1700 Cycle 1600-1800 Spooky Pickleball	24 0900 Senior Classes 1000 Water Aerobics 1130 Cycle 1600-1800 Spooky Pickleball 1700 Yoga 1715 H2O Fusion	25 1130 HITT/Strength 1600-1800 Spooky Pickleball 1715 Strength	26 1130 Cycle 0900 Senior Exercise 1000 Water Aerobics 1600-1800 Spooky Pickleball	27
28	29 0900 Senior Exercise 1000 Water Aerobics 1130 Cycle 1715 Xtreme Hip Hop 1000 Mommy&Me	30 1130 Hitt/Strength 1700 Cycle				

Yoga-Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the core

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

Reduces chance of injury. Build lean muscle mass and increase fat burning power.

Xtreme Hip Hop- Extreme dance cardio set to hip hop music that will include step training and weights

Mommy & Me- A workout designed to incorporate your child.

Back to basics strength class - focuses on building strength incorporating body weight, resistance bands, and weights. Perfect for all fitness levels.

H2O Fusion - A water aerobics class at the indoor pool

Senior Exercise- A way to make friends while working out

Step &Sculpt- This workout class is designed to get your heart pumping while also providing a full-body workout.

Key

FITNESS EVENTS