

# Calendar of Special Events 2011

Jan-Sep	Wingman Workout Incentive Program
Jan-Mar	Fit Over 50 Workshop
Jan-Mar	Intramural Basketball
Jan 5	New Year 5K Run
Feb 2	Black History Month 5K Run
Feb 2	Girls and Woman Sports Day (Youth Program)
Feb 9	Sweet Heart 5K Run
Feb 16	Super Shot
Feb 23	2 Hip to B Fit (Youth Program)
Mar-May	Prenatal Fitness Workshop
Mar-May	Intramural Softball
Mar 2	St Patrick's 5K Run
Apr 6	Month of the Military Child 5K Run
Apr 13	Bench Press Competition
Apr 27	May Fitness Month 5K Run
May-Jun	Intramural Soccer
May 1-31	May Fitness Month
May 1-31	Walking/Running Incentive Program
May 11	Aerobathon
May 18	Cardio Challenge
May 25	Zumbathon
May 31	Fitness Expo
Jun-Aug	Water Aerobics Workshop
Jun 1	Summer Kick-off 5K Run
Jun 22	Dance Off Competition
Jul-Aug	Intramural Volleyball
Jul 6	Firecracker 5K Run
Jul 27	Water Sport Relay
Aug 1-31	Aerobic Incentive Program
Aug 31	Zumba Party Bash
Aug 31	Back-to-School 5K Run
Sep-Nov	Mid Life Fitness for Women Workshop
Sep 14	AF B-Day 5K Run
Oct-Dec	Cycling Challenge Incentive Program
Oct-Dec	Intramural Football
Nov 16	Turkey Trot 5k Run
Dec 14	Jingle Bell 5K Run
Dec	Over 30 Basketball Tournament
TBD	Sports Week

**NOTE: All events and programs are subject to change/cancellation without notice.**

Check with the Front Desk for current information.

# Short Fitness & Sports Center

**828-4496**

8115 Cypress Stand St.  
Building 303

[www.macdillfss.com](http://www.macdillfss.com)

## OPERATIONAL HOURS

**Mon - Fri 0430-2300**

**Sat & Sun 0600-1800**

**Holidays 0600-1800**

## **Fitness Center Vision Statement**

*"To be the MacDill AFB community's preferred choice for Fitness, Sports Programs, and Services by providing world-class and customer-driven, quality-of-life programs through teamwork and trust."*

## **Fitness Center Mission Statement**

*"To provide fitness training and equipment to support and promote physical fitness, unit esprit de corps, and community quality of life."*



**6th Force Support Squadron  
MacDill Air Force Base, FL**

Revised 7 Nov 2011

# Eligibility

Sports facilities are intended for the use and enjoyment of the active duty and retired military members, their dependents, DoD civilians, and NAF Employees.

## AGE POLICY:

a. **Children under 6 yrs old:** Not permitted in fitness center facilities with the exception of the parent [legal guardian]/child areas for supervised play.

b. **Youth 6-12 yrs old:** Not permitted in cardiovascular, weight equipment, or group exercise rooms. Permitted in other activity areas (basketball court, racquetball courts, running track, locker room, saunas, etc) only under qualified adult interactive supervision.

c. **Youth 13-15 yrs old:** Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas, etc., only under qualified adult interactive supervision. Exception: Teens who have received FitTeen Orientation may use cardio & selectorized equipment w/out parental supervision.

d. **Youth 16 yrs & older:** Permitted in all areas of the fitness center without an adult. A qualified lifeguard must be present at the time the pool is used.

*Note: Interactive supervision (for ages 6-15) requires qualified adult\* and child to participate in/perform activity together at all times.*

*\*A qualified adult is a parent, legal guardian, qualified fitness center staff member, qualified Family Member Program staff member, or coach.*



Get up. Get out. Get fit.  
Together.

## Fit Teen Orientations

Bring your teen in (13-15 years of age) to get them trained in our cardio and selectorized rooms. This will allow them to work out independently within these rooms. Parent and teen must be present for the orientation.



# Fitness Schedule



The Short Fitness Center offers instructional classes in a wide variety of sports, fitness, and health and wellness activities.

### Monday

■	0530	FIP	Track
*	0700	FSS PT	Track
\$	0830	Pilates	Aerobics Rm
*	1130	Spinning	Spinning Rm
*	1130	Step/Sculpt	Aerobics Rm
*	1530	Boot Camp	Gym
■	1630	FIP	Track
\$	1700	Zumba	Aerobics Rm

### Tuesday

*	0600	Spinning	Spinning Rm
*	0700	Total Fitness	Gym/Spin Rm
\$	0845	Zumba	Aerobics Rm
\$	1130	Body Sculpt	Aerobics Rm
*	1130	Spinning	Spinning Rm
\$	1600	Power Yoga	Aerobics Rm
*	1730	Spinning	Spinning Rm

### Wednesday

■	0530	FIP	Track
*	0700	MSG PT	Softball Field
\$	0845	Zumba	Aerobics Rm
*	1130	Abs-solutely Fit	Aerobics Rm
*	1130	Spinning	Spinning Rm
*	1530	Boot Camp	Gym
■	1630	FIP	Track
\$	1700	Zumba	Aerobics Rm
*	1730	Spinning	Spinning Rm

### Thursday

*	0600	Spinning	Spinning Rm
*	0700	Total Fitness	Gym/Spin Rm
\$	0845	Zumba	Aerobics Rm
\$	1130	Body Sculpt	Aerobics Rm
*	1130	Spinning	Spinning Rm
\$	1600	Power Yoga	Aerobics Rm
*	1730	Spinning	Spinning Rm

### Friday

■	0530	FIP	Track
\$	0830	Pilates	Aerobics Rm
*	1130	Spinning	Spinning Rm
■	1630	FIP	Track
*	1730	Salsa Class	Aerobics Rm

### Saturday

■	0700	FIP	Track
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### Key to Cost of Classes

■ : Free / Mandatory FIP

(Fitness Improvement Program, Military Only)

\*: Free / Optional FIP

\$: \$5.00 per class

Note: Buy 11 classes, pay \$40 (≈\$3.63/class).

See INSTRUCTORS to purchase punch card, which may be used for any combination of ala carte classes.

~ SUBJECT TO CHANGE WITHOUT NOTICE ~

## Improve Your Personal Fitness

Offered year-round is an active and diversified program which strives to meet the mental and physical needs of all participants.



### What is your Fitness Level?

Fitness Assessments will tell you just that. Contact the Front Desk staff to schedule an appointment for a Fitness Assessment. See where your fitness level is for body composition, cardiovascular endurance, muscle endurance, strength and flexibility. You will also receive information on how to improve your trouble areas. Then come back in 2-3 months to see if you've improved.

### Fitness Assessment Cell (FAC)

*(Available to Air Force members)*

Contact David Lamb at  
**828-3405, 3407 or 3408**  
 for questions regarding Air Force PT Testing



### Personal Trainers

Striving to improve your fitness? Have fitness goals you dream of reaching? Want more energy? Want to feel better about yourself? Ready to take it to a higher level?

Personal trainers are available by appointment only. Discounts are offered for five or more sessions. Personal trainers will evaluate your personal health history and design an individualized training program, to include instruction on weight loss, strength training and proper conditioning. Call 813-388-0384 or send an email to: gmccray5@yahoo.com for fee schedule or more info.

We're here to help you reach your goals!

## Indoor Facilities

1. Basketball Court
2. Racquetball courts
3. Aerobics room
4. Spin Bike Room
5. Cardiovascular area (equipped with Cardio theatre)
  - Treadmills
  - Recumbent Bikes
  - Elliptical Bikes
  - Stationary Bikes
  - Stairmasters
  - Spin Bikes
  - Versa Climbers
6. Men's and Women's lockers, including saunas
7. Selectorized Room / Free-Weight Room which includes:
  - Dumbbell racks
  - Hammer Strength work stations
  - Promaxim work station
  - Circuit Line of Promaxum / Universal Precor work stations
8. "Fit-n-Play" Parent / child workout area

### Equipment Orientation

Stop by the Front Desk any time to get an orientation about our Facility and Equipment from our highly trained and certified staff. You will receive information about programs we offer and basic knowledge of our cardio and weight equipment.

### Intramural Sports

<u>SPORT</u>	<u>COACH MTG</u>	<u>SEASON</u>
Basketball	6 Dec	Jan-Mar
Softball	15 Feb	Mar-May
Soccer (L)	5 Apr	May-Jun
Volleyball	7 Jun	Jul-Aug
Football	6 Sep	Oct-Dec

*(L) indicates these events take place during the lunch hour  
 Events subject to change without notice*

**Sports websites:**

[www.macdillfss.com](http://www.macdillfss.com)

*(Click on Fitness Center, under the Recreation tab)*

[eteamz.com/macdillafb](http://eteamz.com/macdillafb)

*(Link also located at the bottom of the Fitness Center page)*

### Lunch Sports

**(Pick-up Games)**

#### Basketball/Volleyball

Mon-Fri, 1100-1300, Gym

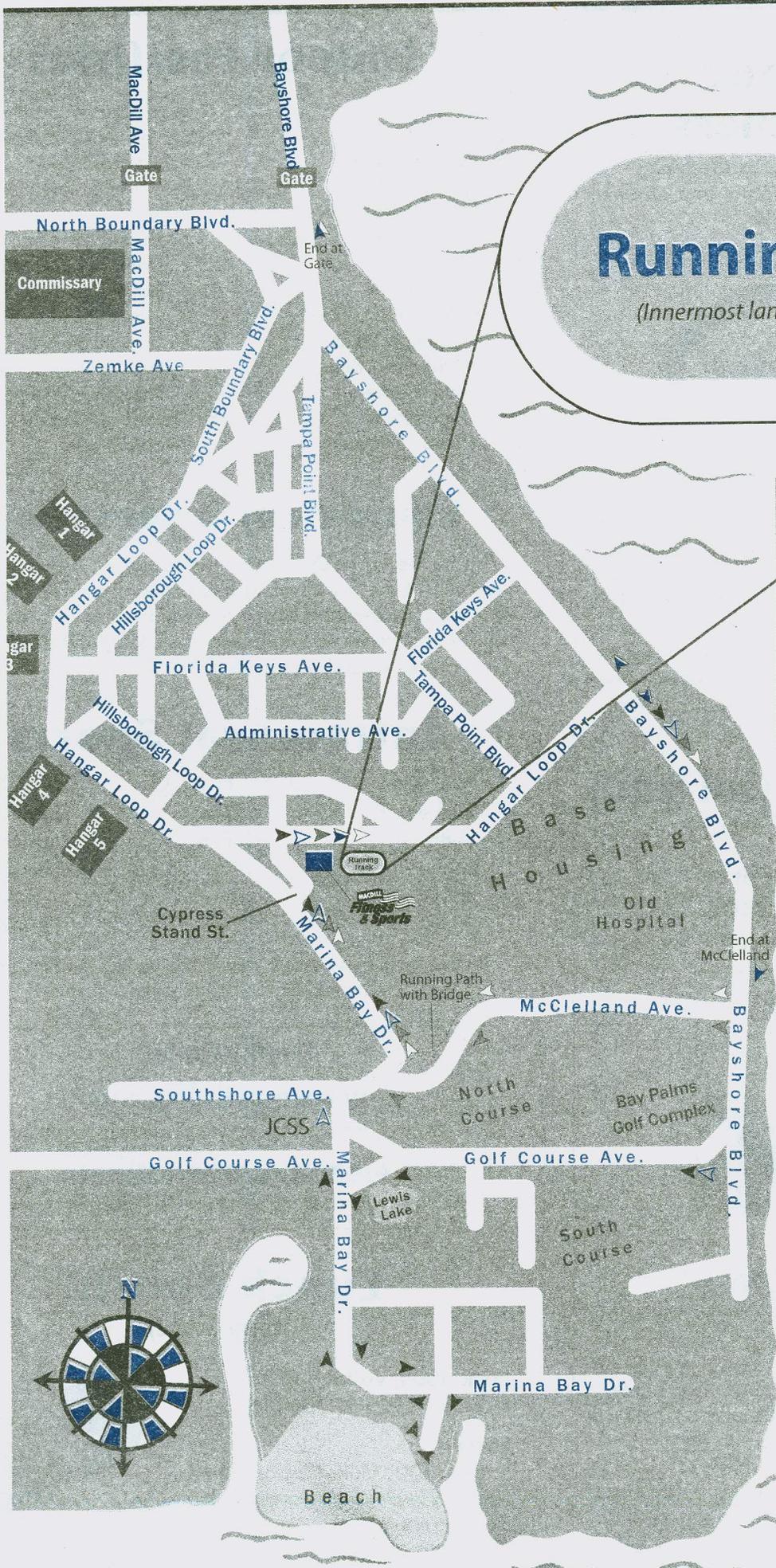
#### Soccer

1100-1300, Multi-Purpose Field  
*Note: Not held during intramural season, subject to change on short notice*

#### Ultimate Frisbee

1130-1300, Multi-Purpose Field





**Running Track**  
*(Innermost lane is for PT Testing)*

Start for all runs

Finish for 1.5 m run

Finish for 3 m walk (13.5 laps)

**Track Measurements:**

- 1 lap = 1,173 ft / 357.5 meters
- 4.5 laps = 1 mile / 1.6 km
- 6.75 laps = 1.5 miles / 2.4 km (A.F. & Navy PFT)
- 9 laps = 2 miles / 3.2 km (Army PFT)
- 13.5 laps = 3 miles / 4.8 km (Marines PFT)

**PFT= Physical Fitness Test**

**Running Routes:**  
*All routes start from the Fitness Center; all measured in miles.*

- 1.5 m Out (Out & Back 3 m)** ➤ ➤ ➤
  - Route A (1.5 m): R on Hangar Lp, L on Bayshore, end at gate
  - OR: R on Hangar Loop, R on Bayshore, end at McClelland
  - Route B (3 m): Choose one the above routes and return to Fitness Center
- 3.2 m (Roundtrip)** ➤ ➤ ➤
  - R on Hangar Loop, R on Bayshore, R on McClelland, R on Marina Bay, R on Cypress Stand, end at Fitness Center
- 3.15 m (Roundtrip)** ➤ ➤ ➤
  - R on Hangar Loop, R on Bayshore, R on McClelland, Merge onto offroad running path (through woods and over a bridge), R on Marina Bay, R on Cypress Stand, end at Fitness Center
- 4.1 m (Roundtrip)** ➤ ➤ ➤
  - R on Hangar Loop, R on Bayshore, R on Golf Course Ave, R on Marina Bay, R on Cypress Stand, end at Fitness Center
- 5.7 m (Roundtrip)** ➤ ➤ ➤
  - R on Hangar Loop, R on Bayshore, R on Golf Course Ave, L on Marina Bay to Marina parking lot, back North on Marina Bay Dr, R on Cypress Stand, end at Fitness Center