

## CompuTrainer



Realistic 3D graphics with scenery selections. Performance like SpinScan, pedal analysis, and aerodynamic drag factor. Real time and average values such as power output, heart rate, and speed.

## MicroFit System

complete assessment capabilities by appointment



bicep strength



sit reach



blood pressure/heart rate



body fat



aerobic fitness

plus body circumference, body mass index, pull-ups, push-ups, sit-ups, weight, back flexibility, waist-hip ratio, mile run, half mile run, quarter mile run and more

**Call 454-6440 for information**

## Special Annual Events

### January

New Year Fitness Orientation & Fitness Assessments

### February

Push up Pull up Sit up Challenge

### March

Pot O' Gold Run/Walk

### April

Golf League begins

### May

Golden Baton Relay

### July

Triple Threat

### September

Fall Fun Run/Walk

### October

5 Card Draw Run/Walk

### November

Triple Threat

### December

Bench Press Competition



LIKE US



on Facebook and receive updates  
Look for: Arnold AFB Services



Located on Wattendorf Highway

**931-454-6440**

DSN 340

Mon-Fri 5am-7:30pm

Sat 8am-1pm

Sun & Federal Holidays Closed

*Daily use of the Fitness Center is for authorized users only. Please inquire about eligibility.*

## Certified Staff

to help with your physical health

Call 454-6440 or stop by to schedule an appointment



Tell us what you think!

**ICE**  
Interactive Customer Evaluation  
[ice.disa.mil](http://ice.disa.mil)

As of March 2020  
Information subject to change.  
Please call to verify.



# Fitness Center



931-454-6440  
Manager: Joe Watters



## Group Classes



Interval Training  
Mon\*Wed\*Fri  
3:45-4:30pm

Yoga  
Mon\*Wed\*Fri  
11am-12pm



Cycling  
Tue\*Thu  
11am-12pm  
(by Wellbeats Kiosk)

## WELLBEATS Kiosk Classes

Vibe Dance  
Fusion Mind Body  
Fit For Duty  
Rev Cycling  
TKO Kickboxing  
Stomp Step  
Kinetics

*Ask about Orientation  
and Scheduling*

## Fitness Facility



Basketball / Volleyball Court  
Cybex Arc-Trainers  
Treadmills  
Ellipticals  
Stability Balls  
Medicine Balls  
Weight Room  
Free Weights

Selectorized Resistance Equipment  
Cardiovascular Equipment  
Men's & Women's Daily Use Locker Rooms



## Racquetball Facility



Alpha Warrior Station

Men's & Women's  
Daily Use Locker  
Rooms with Saunas

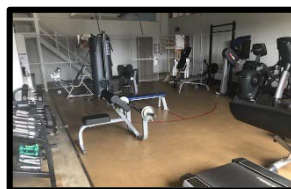


Call 454-6440  
to reserve  
Racquetball Court



## A&E Annex Facility

A&E Fourth Floor



## Sports Program

open to all AEDC personnel,  
active duty & retired military,  
National Guard and Reserve.  
Sign up individually or by team

### Golf (Arnold Golf Course) – Apr-Jul (M/T)

- Playoffs at Conclusion
- 4 People Per Team
- League Fees Apply
- Modified Daily Green Fees
- Cart Rental Extra

## Incentive Programs

### PT (Physical Training) Incentive:

- Designed to encourage active duty military participants to achieve an excellent PT score
- Individuals who attain or maintain the excellent PT category by 5 or more points improved from last PT score, or maintain 100% for two consecutive PT tests, wins a prize.

### Military Spouse Incentive:

- Any active duty military spouse signing in any group exercise class for a total of 30 classes in a 60 day period wins a prize.
- Participants must register with FC staff prior to attending classes.

### Cycling Incentive:

- During the months of March through November participants that register with FC staff and log 700 miles verified by FC staff win a prize.

### Run/Walk/Hike Incentive:

- During the months of March through November participants that register with FC staff and log 150 miles verified by FC staff win a prize.

*Prizes vary based on incentive type  
and number of participants registered.*

## Outdoor Trail

1.75 miles located behind the Fitness  
Center inside mission area.  
Accessible to badged employees only.



## A&E Track

Five lane quarter mile track



## Bicycle Check Out

