



## Certified Staff

The Fitness Center has certified ACE Group Fitness Instructors and Personal Trainers to assist with your health and fitness needs.

Call 454-6440 for more information or to schedule an appointment.



# ARNOLD

## *Fitness Center*

Bldg 1358  
Schriever Ave  
Tullahoma, TN

(931) 454-6440

Monday - Friday • 5am - 7:30pm  
Saturday • 8am - 1pm  
Closed on Sunday & Federal Holidays

## Interval Training

Monday, Wednesday & Friday  
3:45 - 4:30pm

High intensity interval training for fat loss, cardio, and full body health with our certified instructor.

## Kickboxing

Tuesday & Thursday  
3:45-4:30pm

Learn how to kick, punch, knee, elbow, defense and counters in this total fitness workout by our certified instructor.

For new participants, please arrive 15 minutes early for orientation.

## Lunchtime Yoga

Monday, Wednesday & Friday  
11am-12pm

Quiet your mind, free your body with strength training, flexibility benefits and power yoga.



📞 931-454-6440

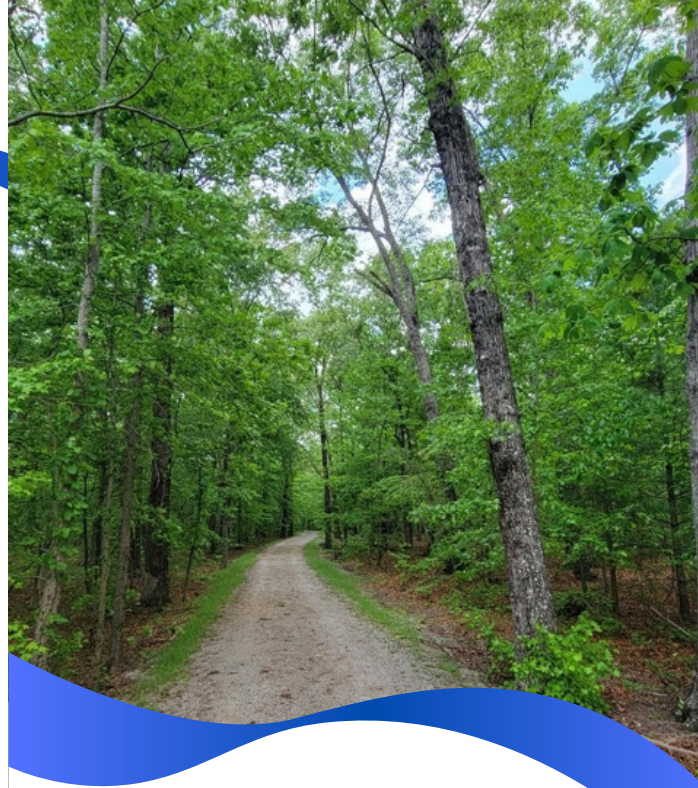
🔍 Facebook: Arnold AFB Services  
Instagram: arnold\_services

✉️ [AEDC.TSD.SVFP-Fitness@us.af.mil](mailto:AEDC.TSD.SVFP-Fitness@us.af.mil)



## Fitness Center

- Basketball/Volleyball Court
- Cybex Arc-Trainers
- Treadmills
- Ellipticals
- Stability Balls
- Medicine Balls
- Weight Room
- Free Weights
- Selectorized Resistance Equipment
- Cardiovascular Equipment
- Men & Women's Daily Use Locker Rooms



## Outdoor Trail

Located behind the Fitness Center is a wooded 1.75 mile trail for walking, running, or biking.

Arnold Fitness Center offers a variety of sports and fitness facilities, equipment, amenities and instructional classes.

## Racquetball Facility

- 2 Racquetball Courts
  - Reservations Highly Encouraged
- Men & Women's Daily Use Locker Rooms with Sauna
- Massage Chairs

## A & E Track

Located next to the A&E building is the five lane quarter mile track

### TELL US WHAT YOU THINK

Quickly and easily provide valuable feedback to improve the products and services available to you. With just the click of a mouse, send your suggestions and comments - good or bad, directly to the appropriate service provider manager. Provide your contact details to have the manager contact you directly, or submit it anonymously; the choice is yours.

