Fitness Center Age Restrictions REF: AFI 34-266

16 YEARS & OLDER
Unrestricted use of all fitness center facilities and equipment.

13-15 YEARS OF AGE
All cardio equipment, aerobics room and weight rooms require interactive supervision from a parent, legal guardian, or youth program staff member/coach.

**Basketball and racquetball court unrestricted use w/parent or guardian in facility.

6-12 YEARS OF AGE
All cardio equipment, aerobics room and weight rooms: access prohibited.

**Basketball and racquetball courts, running track requires interactive supervision from a parent, legal guardian, or youth program staff member/coach at all times.

UNDER 6 YEARS OF AGE
Not allowed in facility with the exception of those facilities providing a parent/child area (PCA) for supervised play and /or those children who are supervised spectator in a sports or special event.

Hours of Operation

WEST FITNESS CENTER

MON THRU FRI : 0430-2230
SAT/SUN/HOLIDAYS: 0800-1900

EAST FITNESS CENTER

MON THRU FRI: 0600-2130
SAT/SUN 0700-1400
HOLIDAYS: CLOSED

PHONE NUMBERS

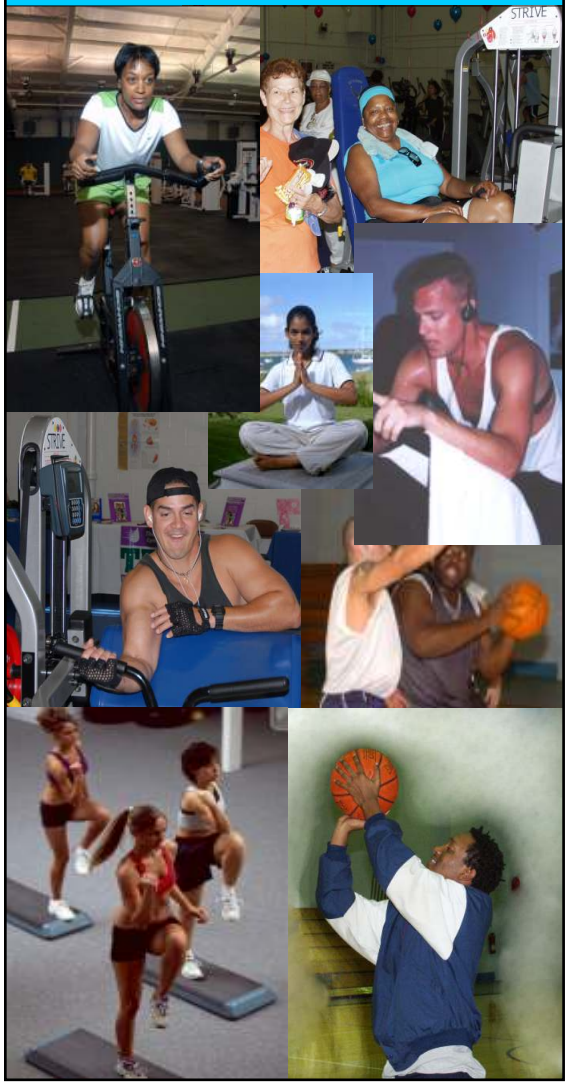
WEST FITNESS: 301-981-7101/7102

EAST FITNESS: 301-981-1610

HAWC: 240-857-5601

SERVICES Fit to Fight Fitness & Sports

Andrews Air Force Base Fitness Center



Class Description

Cardio Kickboxing (CKB)- intense cardiovascular/strength conditioning class that incorporates movements derived from boxing, and karate. Focus on punches and kicks that provides a vigorous, energetic, heart-pumping workout.

Cardio Circuit a total body workout using weights, balls, and bands to increase your cardiovascular and muscular endurance power with a standing circuit workout.

Indoor Cycling Stationary group cycling led by specially trained instructors. Specially designed bikes, set to motivational music, offers a complete cardiovascular training program to strengthen and tone body and mind.(WE RECOMMEND BEGINNERS MODIFY THEIR INTENSITY ON THEIR OWN FITNESS LEVEL.)

Interval moderate to high intensity workout that alternates periods of step with muscle conditioning.

Pilates a combination of exercises based on the concepts of Joseph Pilates. Benefits include increased muscle definition, improvements in coordination, flexibility and body awareness.

Fitness Improvement Program (FIP)- for all Air Force members that received a composite fitness score of <70.

Monday

0600 Cycle with Mo
0800 FIP with Fitness Center Staff
0900 Interval with Debbie
1000 Power Stretch with Debbie
1130 Step with Pam
1500 FIP with Fitness Center Staff
1715 CKB with Tisha or Gloria
1830 Pilates with April

Tuesday

0600 Power Pump with Robin
1000 Power Stretch with Debbie
1130 Cycle with Christy
1500-1600 Fitness Advisory Training
1715 Power Pump with Shanedda
1830 CKB with April

Wednesday

0600 Cycle with Lynnette
0800 FIP with Fitness Center Staff
0900 Resist-a-Ball with Debbie
1000 Step with Pam
1130 Zumba with Andrita
1500 FIP with Fitness Center Staff
1700-1800 TAE KWON DO ($40 a Month)
1715 Cycle with Essie
1830 Cardio Circuit with Tisha

Thursday

0600 Power Pump with Robin
0830-0930 Fitness Advisory Training
0900 Abs and Buns with Debbie
1130 Cycle with Christy
1715 Step with Gloria
1830 Cycle with Essie

Friday

0600 Cycle with Wanda
0600 Zumba with Andrita
0800 FIP with Fitness Center Staff
0900 Power Pump with Debbie
1000 Power Stretch with Debbie
1130 Cycle with Lo
1500 FIP with Fitness Center Staff
1700-1800 TAE KWON DO ($40 a Month)

Saturday

0900 Cycle with Essie
1000 Pilates with T
1300-1400 Fitness Advisory Training

ALL CLASSES ARE FREE AND ON A FIRST COME FIRST SERVE BASIS, except TAE KWON DO.
MALE AND FEMALE WELCOME
STEPS AND MATS ARE PROVIDED.

Class Description

Power Pump weight training class, utilizing a variable weight barbell and weight plates to work through ten songs, each dedicated to conditioning a major muscle group. The perfect union of muscle and music.

Power Stretch designed to strengthen the bodies core while toning and increasing flexibility of the major muscles of the body. Comprised of a combination of Pilates, Resist-a-Ball and Yoga.

Resist-a-Ball a work out designed to strengthen the body's core abdominals and back in each exercise while enhancing balance and flexibility. Work out utilizes a stability ball.

Step Low impact, moderate to high intensity step workout. (WE RECOMMEND BEGINNERS USE NO RISERS)

Zumba a challenging and fun Latin style dance class. The routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tome and sculpt the body.

Abs and Buns This class targets two major muscle groups to improve strength and posture.