

Announcements

Intramural Football Season going on Mon-Thursday. Games at 1730/1830/1930/2030. Contact your Squadron Sports Rep if interested in playing. Contact SrA Wilkes or AIC Wagner with any questions or concerns.

Due to the holiday all classes are cancelled on Nov 24th & 25th 2011

Thanksgiving Day— Closed

25 November 2011 Holiday Hours 0800-1800

Outdoor Facilities

- 2 Softball Fields
- 1 Football/ Soccer field
- 4 Tennis Courts
- Racquetball Annex w/ 3 courts
- 400 meter outdoor running track
- 1.5 mile park track

Personal Trainers

Christopher Bourke 520-869-4767
 Jill Grasky 520-780-6952
 Mark Biagi 520-954-1433
 Anthony Reill 520-309-8186

Upcoming Events

Jingle Bell 5K Fun Run 9 December 2011
 @ 0645 Sunglow Rd



www.facebook.com/dmafb.fitness

* Updated 22 Nov 11 *



Benko Fitness Center
 Mon-Fri 0400-2400
 Sat, Sun, & Holidays 0800-1800
 DSN 228-0022/0021

Haeffner Fitness Center
 Mon-Fri 0500-1830
 Sat, Sun, & Holidays Closed
 DSN 228-3714

Indoor Pool
 Mon-Fri 0500-2000
 Sat 0800-1700 Sun 0900-1700
 228-0015

Fitness Assessment Cell
 Mon, Thurs, Fri 1130-1500
 Tues & Wed 1130-1200/1400-1500
 228-0284/0274/0242

Racquetball Annex
 Open 24/7

Benko Fitness Center

- Strength Training Room
- Strive selectorized machines, free weights
- Cardio Theater Room
- Elliptical, treadmills, upright & recumbent bike
- 1/11 mile indoor running track
- Munchkinø Room
- Parents can exercise while supervising their children
- Indoor Pool
- 25 meter, 6 lane lap pool
- Freak Fuel Smoothie Bar

Benko Aerobic Schedule

MONDAY	Class	Instructor	Price
1630-1730	Hard Core **	Nathalie	Free
1630-1730	Martial Arts (Tiger Tots)	Donald	\$55.00
1730-1815	Zumba	Nathalie	\$3.00
TUESDAY	Class	Instructor	Price
1100-1200	Yoga	Vanessa	\$2.00
1630-1715	Martial Arts (Youth 7-12 yrs)	Donald	\$65.00
1730-1815	Martial Arts (Adult 13+)	Donald	\$65.00
1730-1830	Kick Boxing**	Nathalie	Free
WEDNESDAY	Class	Instructor	Price
1100-1200	Gentle Yoga	Vanessa	\$2.00
1630-1730	Hard Core**	Nathalie	Free
1630-1730	Martial Arts (Tiger Tots)	Donald	\$55.00
THURSDAY	Class	Instructor	Price
1100-1200	Yoga	Vanessa	\$2.00
1730-1830	Kick Boxing**	Nathalie	Free
1630-1715	Martial Arts (Youth 7-12 yrs)	Donald	\$65.00
1730-1815	Martial Arts (Adult 13+)	Donald	\$65.00
FRIDAY	Class	Instructor	Price
1630-1715	Zumba	Nathalie	\$3.00
SATURDAY	Class	Instructor	Price
0900-1000	Kick Boxing**	Nathalie	Free
1000-1100	Yoga	Nathalie	Free
1100-1200	Zumba	Myra	Free

Haeffner Aerobic Schedule

MONDAY	Class	Instructor	Price
0700-0800	Spin Class	SrA Jones	Free
1700-1800	Spinning**	Maria	\$3.00
1730-1830	Turbo Kick**	Genafe	Free
TUESDAY	Class	Instructor	Price
1630-1730	Turbo Kick**	Christina	Free
1700-1800	Spinning**	Maria	Free
WEDNESDAY	Class	Instructor	Price
0700-0800	Spinning**	Maria	Free
1700-1800	Spinning**	Maria	\$3.00
THURSDAY	Class	Instructor	Price
1630-1730	Extreme Circuit**	Christina	Free
1700-1800	Spinning**	Maria	Free
1730-1830	Zumba	Christina	\$3.00
FRIDAY	Class	Instructor	Price
0700-0800	Spin Class	SrA Jones	Free

Haeffner Fitness Center

- Strength Training Room
- Strive selectorized machines, free weights
- Cardio Theater Room
- Elliptical, treadmills, upright & recumbent bike
- Aerobics Room
- Basketball court
- TRX wall mounts
- Racquetball court
- Spin Bike Room

Descriptions of Classes

- **Spinning** as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, that involve using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.
- **Hard Core** involves high intensity aerobic exercises sure get your heart beating and knock off those calories.
- **Extreme Circuit:** This is a high intensity class which includes advanced exercises such as plyometric, balance/coordination, advance calisthenics movements and cardiovascular exercises with little to no equipment. This class is designed to improve all fitness components.
- **Turbo Kick:** This high intensity class uses little to no equipment, combines kick boxing movements to give the participant an excellent muscular and cardiovascular workout.
- **Yoga:** Yoga is a physical discipline comprised of many asanas, or poses with the purpose of developing strength and endurance, increasing flexibility, improving posture, body realignment and releasing stress and tension.
- **Zumba:** Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some latin flavor and International zest into the mix, and you've got ZUMBA!