

Welcome to Aderholt Fitness Center

The focus of fitness at Hurlburt Field is definitely on the leading edge. Our training equipment is second to none. A well-organized and diversified sports and fitness program provides opportunities to further personal growth and enhance group morale. It also develops and maintains a high standard of physical fitness levels with guidance and program designs to help you attain your fitness goals. Fitness is critical to the success of our lives. A fit individual is more efficient, healthy, has a positive self-image, and is able to accomplish the mission.

The Fitness Center is dedicated to providing professionally managed and diversified programs, based on the needs and desires of our community. Our goal is to increase mission effectiveness through improved quality of life for all military personnel and their families involved in our program.

Aderholt Fitness Center Staff

FOR MORE INFORMATION:

ADERHOLT FITNESS CENTER

259 Tully Street Bldg, 910517

Hurlburt Field, FL 32544

Tel. (850) 884-6949/6884

Fax (850) 884-4670

HOURS OF OPERATION:

0500-0100 Weekdays

0800-1800 Weekends & Holidays

COMMANDO FITNESS and WELLNESS CENTER

452 Cody Avenue Bldg, 90232

Hurlburt Field, FL 32544

Tel. (850) 884-4412 Fax # (850) 884-2780

HOURS OF OPERATION:

0600-2100 Weekdays

Closed Weekends & Holidays

HEALTH and WELLNESS CENTER (HAWC)

Tel. (850) 884-4292

Fax (850) 884-6321

HOURS OF OPERATION:

0630-1700 Weekdays

Closed Weekends & Holidays

CLASSES: -Nutrition/Fitness
For Weight loss
-Eating Heart Healthy
-Exercise Prescription Class
-Healthy Back Class (PT)
-Commissary Tour
-Prenatal Nutrition/Fitness

-Micro Fit
-Sports Nutrition
-Nutrition 101
-Senior Fitness
-LEARN Program
-Diabetic Nutrition/
- Fitness

BLDG. 90517 "Hurlburt Fitness Center"

Area=30,090 sq. ft.

Basketball/Volleyball Court

4 Racquetball Courts

Multi-purpose Room

Weight/Cardio/Nautilus Room

25-Free Weights Equipment

33-Cardiovascular Machines

24-Nautilus Equipment

2 Steam rooms

Co-ed Sauna

Locker Rooms

Men's Lockers (234 Daily use, 15-VIP)

Women's Lockers (117 Daily use, 3-VIP)

BLDG. 90232 "Commando Fitness and Wellness Center"

Area=39,231 sq. ft.

Basketball/Volleyball Court

Weight Room

28- Free Weights Equipment

39- Cardiovascular Machines

33- Nautilus Equipment

12-Life Fitness Strength Equipment

Cardiovascular Room

Circuit Training Room

Climbing Room Treadwall/ Ropes

2 Racquetball Courts

Classroom/Kitchen

Commando Fitness Room

Ergometry Room

Locker Rooms

Men's Lockers (300 Daily use)

Women's Lockers (132 daily use)

2 Saunas

OUTDOOR AREAS

Multiple biking/jogging/skating/running/walking courses

1.5-Mile Courses (4)

2, 4.6, and 10 mile hard surface courses

5K hard surface course

Multi-station Par Course in running track area with 20 Stations

Multi-station 1 1/2 mile par course with 17 stations

Quarter mile state of the art track with 8 lanes and a multi-purpose field

6 Tennis courts

Roller Hockey Rink

2 Softball Fields

Picnic pavilion with gazebo and picnic area

PROGRAMS

Intramural Sports

Men's & Women's 3on3 Basketball 27 Jul - 2 Sep 04

Flag Football 4 Oct - Dec 04

Women's Flag Football 12 Oct - Dec 04

Intramural Basketball 14 Dec 04 - Mar 05

Women's Basketball 14 Dec 04 - Feb 05

Indoor Soccer 28 Jul 08 - Aug 04

Women's Softball 31 Mar- Jul 04

Intramural Softball 31 Mar - Jul 04

Soccer 14 Apr-Jun 04

Volleyball 7 Apr- Jun 04

Horseshoes 14 Jul - Aug 04

Extramural Sports

Tennis Apr 04

Over-30 Basketball 3 Nov 04 - Feb 05

Over-40 Basketball 9 Nov 04 - Feb 05

Racquetball Oct 04
Over-30 Softball 24 Mar - June 04
Golf 1 Apr - Jul 04

Varsity Sports

Men's & Women's Softball Mar - Aug 04
Men's & Women's Basketball Aug 04 - Feb 05
Soccer Aug 04 - Mar 05
Roller Hockey

Special Events

Fit Eagle Challenge 18 Feb 05
Tennis Clinic Apr/May 04
Softball Tournament 25-27 Mar 04
May Fitness 1-31 May 04
Super Day 27 May 04
Sound of Independence 2 Jul 04
Commando Run 2 Oct 04
Aerobithon 4 Dec 04
Turkey Trot 5K Run 24 Nov 04
10 Mile Challenge 4 Dec 04
Friday the 13-K Relay Run 13 Aug 04
Fall Track Meet 15 Oct 04
Cardio Club Jan-Dec 05
Mount Everest Challenge Jan-Dec 05
Racquetball Tournament TBD

SERVICES

Massage Therapist	\$28-1/2 hour	\$40/hour	
Personal Trainer	\$25/session	\$100/6	\$190/12
Lockers			
Towel Service			
Equipment Checkout			
Field Reservation			
Fitness Equipment Orientation			

MONITORED FITNESS IMPROVEMENT PROGRAMS

22 Classes per week consisting of:
12 Aerobic Classes
2 Body Sculpting
5 Spin Cycling
2 Yoga (Commando Fitness Center)

Aerobics - Free

CLASS SCHEDULE:

Mon & Wed	1110, 1700 and 1815
Tuesday & Thursday	1110, 1700
Friday	1110, 1215 and 1700
Saturday	0930 (Cardio Mix)

Spin - Free

A cardiovascular workout using a heart rate monitor and a stationary bike in a group setting. Spinning combines resistance and RPM riding in and out of the saddle with innovative music and visualization techniques.

CLASS SCHEDULE:

Mon, Wed & Fri	1215
Tue & Thu	1700

Yoga

Monday & Wednesday 1700-1800 (\$15.00 per month) CFWC

Yoga keeps the body fit, supple and strong; the mind aware and stress free. It is a practice that involves mental, physical, emotional and spiritual components. Yoga will create a more flexible, balanced and strong body.

FACILITY ELIGIBILITY AND DRESS CODE

Ref: HURLBURT FIELD INSTRUCTION 34-102

1. Eligible patrons are designated in the following categories: Active duty and reserve component personnel, armed forces retirees, active and retired appropriated and nonappropriated fund employees of the Department of Defense, and their family members.
2. Active duty personnel have priority whenever a conflict exists.
3. DOD contractor personnel, as approved by the installation commander.
4. All other groups as approved by the installation commander.
5. Guests assume the same responsibilities as their adult sponsor and must be signed into the facility. Sponsor is responsible for guest's actions.
6. Sponsor is limited to one guest only.
7. Exceptions must be submitted in writing by the sponsor and approved by the Fitness Director and/or the Director's designated representative.
8. Patrons and their guests must be at least 17 years old for unrestricted entry into Fitness Center.
9. Patrons and their guests must be 17 years or older to use a sauna or steam room.
10. Youths, 14 through 16 years old, may enter the facility anytime and utilize all areas except sauna/steam room when accompanied by a parent/legal guardian at all times, and under their direct control at all times. Use is encouraged during non-peak hours, i.e., 0800 – 1000 and 1300 – 1630, Monday through Friday and all day on weekends and holidays.
11. Youths, 13 years old and under, with direct parent/legal guardian control at all times, are allowed on court surfaces only. Use is encouraged during non-peak hours, i.e., 0800 – 1000 and 1330 – 1630, Monday through Friday and all day on weekends and holidays.
12. Patrons must have a valid Department of Defense identification with them at all times i.e., while running, exercising outdoors, etc. Patrons are subject to identification checks anytime during hours of operation.
13. During indoor special events, extramural, intramural, recreational event(s), etc., any age spectators are permitted inside appropriate areas. Patrons, 16 years old or younger, must be accompanied by a parent/legal guardian at all times and be under their direct control at all times.
14. Proper attire consists of athletic and/or sports wear worn at all times while using the facility.
15. Sexually explicit or revealing attire will not be worn. Sports or workout attire must completely cover all private areas and no see-through clothing is permitted. No military uniform items, boots, jeans, sandals, etc., while using and/or participating in indoor play.
17. Attire will not have any obscene, racial, vulgar, or any other offensive depictions.
18. The senior on-duty Fitness Center person is responsible for enforcement. Enforcement will be based on legal, moral, safety or sanitary grounds.
19. No vulgar/profane language or loitering permitted in the facility at any time.

NOTE: Patrons will adhere to all posted rules within this facility. The Fitness Center staff will have the final decision concerning any disputes. Policies are subject to change based on mission requirements.

GENERAL RULES

1. The Fitness Center has certified personal trainers, as well as members who are knowledgeable in the proper use of equipment. If patrons are uncertain about how to operate any fitness equipment, or any other type of facility equipment i.e., sauna, steam room, etc., they are required to contact the staff for assistance.
2. Individuals must incorporate stretch, warm up, and cool down when exercising.
3. Towels are required at all times when working out to wipe down equipment after each use. Be courteous and allow others to utilize the equipment in between routines.
4. Eye guards are mandatory for racquetball court use.
5. No food or drink allowed on hardwood court surfaces. Shoes must be hand carried. Shoes worn outside the facility are not permitted.
6. When using the track, runners must use the inside lanes, while walkers must stay in the outside lanes. No vehicles, bicycles, rollerblading, skateboarding, and pets in the track. Cleated and/or spiked shoes are not permitted.

FACILITY USE AND RESERVATION

- Advanced reservation to use any facility or equipment must be submitted in writing (at least 24 hours prior) and be approved by management.
- Racquetball court reservation can be called in no earlier than 1200 hours the day prior.
- Customers must fill up AF Form 1297, Temporary Issue Receipt, when signing out equipment to use outside the facility.
- Reservation of facilities for squadron fitness assessments must be coordinated in advance. Contact the Fitness Center Superintendent or NCOIC at 884-6884 for arrangement or send E-mail request to fitness.scheduling@hurlburt.af.mil.

RESERVATIONS ARE
FIRST COME, FIRST SERVED BASIS

FREE PLAY BASKETBALL RULES

1. Courts will be utilized to insure the highest participation. All games will be played to 11 points or a 12 minute time limit, whichever comes first.
2. Sign-ups for court time will be on a first come basis. All participants will print their last name and be on the court when their name is called. If the participant is not available, their name will go to the bottom of the list. Sign-ups will be annotated on a clipboard.
3. In case of a walk-off, the next person on the list will be eligible to play. If the participant declines, the team will play with 4 players.
4. The winning team will hold the court for a maximum of three games.
5. Proper fitness attire (athletic and/or sports wear) must be worn. Jewels must be removed.
6. No dunking allowed.
7. In case of a dispute or question, the Fitness Staff will make the final decision.

Adherence to the above policies and good sportsmanship will ensure a safe and enjoyable time for you. Help us help you make your free play basketball more pleasurable.

HURLBURT FIELD

FITNESS COMPLEX

(CURRENT AS OF APR 2004)



THROUGH FITNESS

WE SUPPORT THE WORLD

16th SERVICES SQUADRON