

Fitness and Sports Center Policy

AUTHORIZED USE AND ELIGIBILITY OF FITNESS CENTER

(In accordance with AFI 34-266, 24 Sep 2007)

Eligible patrons include active duty military, retirees, reservist, DOD civilians, U.S. NAF employees & family members carrying a valid I.D card.

CUSTOMER ATTIRE

- Appropriate clothing must be worn to maintain a proper image in a military and family fitness facility.
- Athletic attire and an athletic-type shoe must be worn in all activity and equipment areas.
- Court shoes with non-marking soles must be worn on all court and group exercise room floors

IMPORTANT AGE RESTRICTIONS

- Authorized patrons, 16 years of age and older, have unrestricted use of the Fitness & Sports Center.
- Patrons 13-15 years of age have use of all cardio & weight equipment and group exercise rooms with interactive supervision from an adult.
- Patrons 6-12 years of age are prohibited from entering the cardio and weight rooms. All other areas require interactive supervision from a parent, legal guardian or youth program staff.
- Children under 6 years old: Permitted in the Parent/child designated play area for supervised play. Allowed to be a spectator for sports or special events under qualified adult interactive supervision.
- For more guidelines, please see the policy boards located in both the Dragon and Falcon Fitness Centers.

Dragon Fitness Center, Area F (Flightline)

Hours of Operation	
Monday - Friday	0500-2200 Hours
Saturday	0700-2200 Hours
Sunday	0700-2000 Hours
Goal Days/Holidays	0700-1900 Hours

Facility

- 31,000 square foot facility
- Large gymnasium
- Multi-purpose aerobics room
- Cardiovascular room
- Free-weight room, circuit/stretching room
- Large locker rooms with saunas
- Life Fitness cardiovascular machines. The center also has free weights and Life Fitness selectorized equipment.
- 6 field softball complex
- 2 lighted fields
- 1 combination lighted soccer/football field
- 1 lighted track (440 meter)
- 2 racquetball courts
- 3 lighted tennis courts

Equipment

- Treadmills - Life Fitness
- Upright and recumbent Bicycles - Life Fitness
- Cross trainers - Life Fitness
- Stair climbers - Life Fitness
- Arc trainers - Life Fitness
- Free weights
- Selectorized equipment - Life Fitness
- Rowing machines

Services

- Contracted personal trainers available
- Towel service
- Locker room facilities with 100% daily use lockers
- Men's and women's saunas
- DV locker rooms



Falcon Fitness and Sports Center, Area 2

Hours of Operation	
Monday - Friday	0530-1900 Hours
Saturday and Sunday	Closed
Goal Days/Holidays	Closed

Facility

- 1 Indoor basketball/volleyball Court
- Free weight/strength training machine room
- Cardiovascular room
- Child play area

Equipment

- Treadmills - Life Fitness
- Upright and recumbent bicycles - Life Fitness
- Cross trainers - Life Fitness
- Stair Climbers
- Free weights - Hammer Strength
- Selectorized equipment - Pro Maxima

Services

- Locker room facilities with 100% daily use lockers

Massage Therapy Services

- Massage
- Massage therapy
- Swedish massage
- Pre-natal
- Hot stone therapy
- Salt & sugar scrub
- Foot reflexology

For an appointment call Shawn at 348-364-0684

Micro-Fit Health and Fitness Assessments

Now available Mon, Tues, Wed between 9am and 3pm (by appointment only). Micro-fit is a state of the art health and fitness testing system that tests:

- blood pressure
- heart rate
- body fat percentage
- aerobic output
- flexibility
- strength
- overall health

This is open to all active duty military, DoD civilians and their family members (16 years and older)

Calender of Events

APRIL

- Intramural Golf Season Begins
- Intramural Volleyball Season
- 9 - Unit Fitness Run
- 17 -18 - USAFE Mountain Bike and Road Cycling
- 23 -25 - Pasta Bowl Open Volleyball Tournament
- 24 - Biggest Winner Finale

MAY

- Intramural Softball Season Begins
- 15- 5K/10K Armed Forces Family Day Fun Walk/Run, strollers, kids

JUNE

- Intramural Softball
- 5 - ASSC 3 on 3 B-ball
- 11 - 5K/10K Summer Splash Unit Run
- 19 - Bench Press Competition
- Intramural Golf Season Ends
- Intramural Bowling Season begins

JULY

- Intramural Softball Season
- 4 - Firecracker 5K Fun Run/Walk
- 4 - Chiefs vs. Eagles Softball Game
- 17 - ASSC Softball Tournament
- 23 -25 - Dragon Open Softball Classic Tournament

AUGUST

- 14 - Duathlon
- Intramural Flag Football Begins
- Intramural Bowling Ends
- ASSC Punt, Pass & Kick at 12

SEPTEMBER

- Italian American Friendship games - adult/kids
- 17 - Intramural Cross country season begins
- 19 - 4th Annual aviano 10K/1/2 & full Marathon Event Kids 1 Mile Fun Run
- Intramural Flag Football

OCTOBER

- Intramural Flag Football Season Ends
- Intramural Bowling Season begins
- 22 - 24 - US Forces Soccer (Army, AF, Navy)
- Intramural Cross Country Season ends
- 30 - 5K Trick or Treat Costumed fun Run, strollers & kids

NOVEMBER

- Intramural Basketball/Over 30 Season Begins
- 20- 5K Family Turkey Trot Fun Run, strollers & kids

DECEMBER

- 4- Aerobathon
- 17- 5K Unit Combat Reindeer Run, strollers

Aviano Sports Schedule

Basketball	Nov-Feb
Bowling	Jun-Aug
Flag Football	Aug-Oct
Golf	Apr-Jun
Soccer	Mar-May
Cross Country	Mar-May
Softball	May-Jul
Volleyball	Mar-May



Fitness Classes Offered 2010

- Total Body Conditioning
- Indoor Cycling*
- Body Blast
- Pilates (Mat)
- Step Aerobics*
- Step and Ball*
- Yoga for Everyone
- Cardio Kickboxing*
- Power Yoga
- Mom and Tots (Falcon FC)

Personal trainers are available for assistance.
*Designed to meet Fitness Improvement Plan (FIP) training requirements



Dragon Fitness & Sports
632-7459 | 043430-7459



Falcon Fitness & Sports
632-7574 | 043430-7574
www.31FSS.com