



## Intramural Sports Programs

Dates are subject to change.

Basketball .....	Jan	Ultimate Frisbee .....	Aug
Racquetball.....	Feb	Beach Volleyball .....	Aug
Volleyball .....	Feb	Tennis .....	Sep
Golf .....	Mar	Flag Football.....	Oct
Softball.....	Apr	Basketball .....	Nov
Soccer .....	Apr	Wallyball .....	Nov
3-on-3 Basketball.....	Aug	30 & Over.....	Dec

### Equipment Orientation

Stop by any time to get an orientation about our facility and equipment from our highly trained and certified staff. Available every 3rd Friday of the month led by a personal trainer. Also available upon request at front desk.

### Group Fitness

Come by and pick up a class schedule. Schedules are available online at <http://42fss.us/fitnesscenters.html>

### Varsity Sports

The Fitness & Sport Center offers varsity sports in basketball and softball for men and women. Ask us for details.

### Incentive Programs

Participate in one of the various incentives which allow users to win prizes after completing designated programs.

### Fitness On Request

Choose a workout from a kiosk and watch as a 110-inch projection screen brings the instructor to life.

### Massage Therapy

By appointment only: 334-220-2162

### Eligibility

Sports facilities are for the use and enjoyment of active duty and retired military, their dependents, DoD Civilians and NAF employees.

### Age Policies

Age 16 and older: Unrestricted use of all Fitness Center facilities and equipment, need not be accompanied by a parent or legal guardian.

Age 13-15: All cardiovascular and weight equipment, and group exercise rooms require interactive supervision\* by an adult at all times. Other activity areas including basketball court, racquetball courts, and running track require a parent or legal guardian in the facility at all times.

Age 6-12: Access to cardiovascular and weight equipment, and group exercise rooms is prohibited. Other activity areas including basketball court, racquetball courts, and running track require a parent or legal guardian present at all times.

Age 5 or younger: Not allowed in facility with the exception of those facilities providing a parent/child area (PAC) for supervised play and/or those children who are supervised spectators in a sports or special event.

*\*Interactive supervision requires a parent, legal guardian or coach and a child at all times to participate.*

### MAXWELL FITNESS

**334-953-5953 or 5954**

Mon-Fri: 5am-8pm

Sat-Sun: 9am-4:30pm

#### After Hours Access:

*Sign up at the front desk*

### MAXWELL ANNEX

**334-953-5953 or 5954**

Mon-Fri: 5am-8pm

Sat-Sun: 9am-4:30pm

### GUNTER FITNESS

**334-416-1250**

Mon-Thu: 5am-9pm

Fri: 5am-8pm

Sat: 10am-4pm Sun: 12-5pm

#### After Hours Access:

*Sign up at the front desk*

### GUNTER ANNEX

**334-416-1250**

Mon-Thu: 5am-8pm

Fri: 5am-7pm Sat: 10am-4pm

Sun: Noon-4pm

Fitness facilities are open holidays: 10am-4pm



### MAXWELL AIR FORCE BASE

"Our objective is to maintain the highest customer satisfaction and to promote quality facilities, programs and most importantly assist individuals in maintaining physical fitness levels."



Maxwell AFB Fitness and Sports Centers



## MAXWELL

### Indoor Facilities:

- ☐ Basketball/volleyball courts
- ☐ Racquetball courts
- ☐ Wallyball court
- ☐ Group exercise room
- ☐ 100% daily use locker rooms
- ☐ Cardiovascular equipment
- ☐ Free weight equipment
- ☐ Selectorized strength machines
- ☐ Women's workout room
- ☐ Fitness on Request
- ☐ Indoor running track (Annex)
- ☐ Parent child room (Annex)
- ☐ Combat fitness area (Annex)
- ☐ Boxing area (Annex)
- ☐ Adaptive area (Annex)
- ☐ TRX room (Annex)

### Outdoor Facilities:

- ☐ 4 field softball complex and youth t-ball field
- ☐ 6 youth soccer fields
- ☐ 1 adult soccer/football field
- ☐ 4 outdoor tennis courts
- ☐ Mini sports complex:
  - ☐ Horseshoe pits
  - ☐ Beach volleyball courts
  - ☐ 3-on-3 basketball court
  - ☐ Pavilion

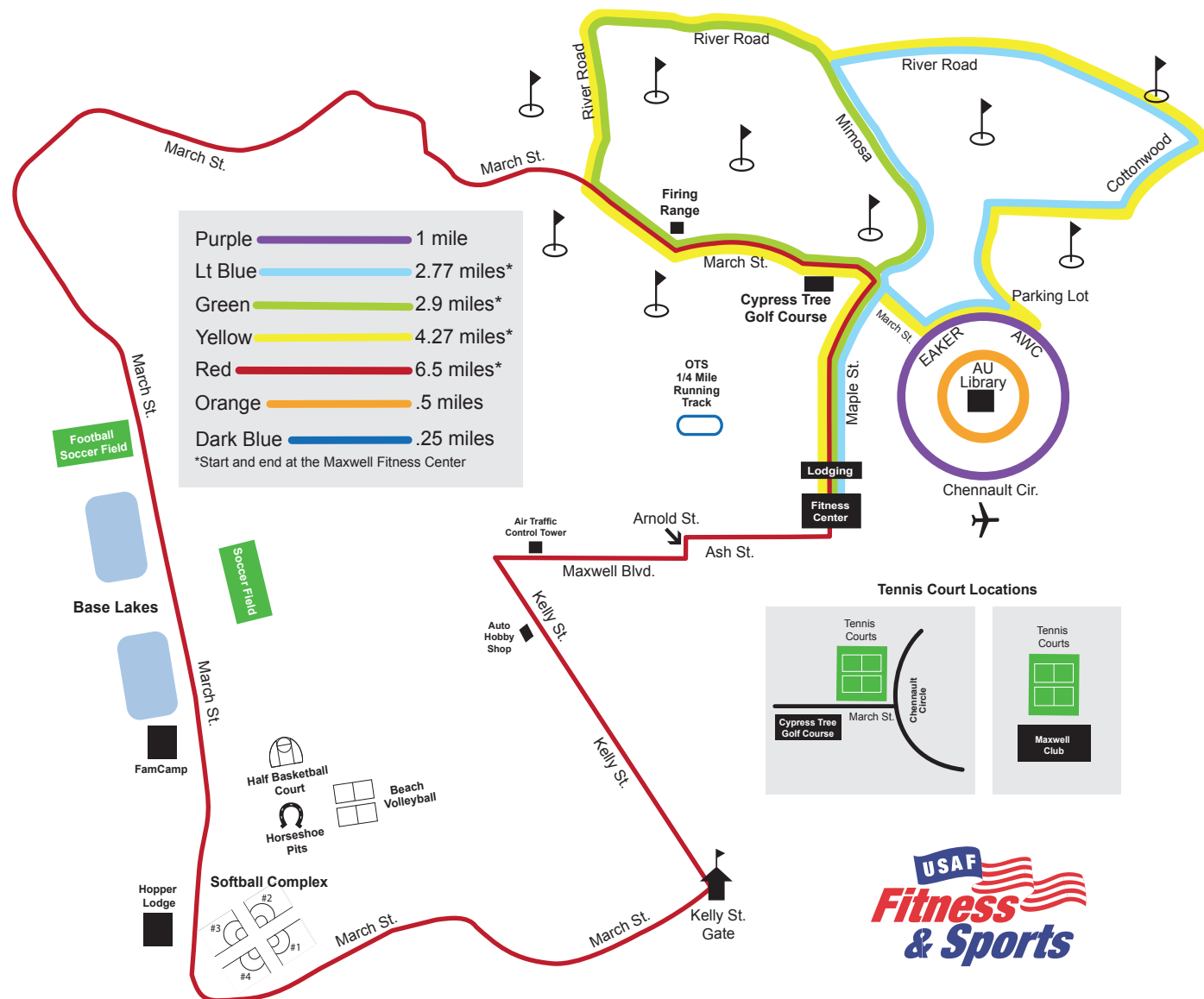
## GUNTER

### Indoor Facilities:

- ☐ Basketball/volleyball court
- ☐ 3 racquetball courts
- ☐ Cardiovascular equipment
- ☐ Free weight room including 100% daily use locker rooms
- ☐ Women's workout room
- ☐ Combat fitness area (Annex)
- ☐ Boxing Area (Annex)

### Outdoor Facilities:

- ☐ Softball field
- ☐ Tennis courts
- ☐ Soccer field
- ☐ Running routes
- ☐ Basketball courts
- ☐ Outdoor running track



**Personal Trainers:** Free personal training is available by appointment to all fitness center patrons. Personal Trainers will evaluate your health history and design an individualized program that includes instruction about weight loss, strength training, proper conditioning and equipment orientation. Call 953-7894 for more information.

**After Hours Access:** 24 hour access is now available at both Maxwell and Gunter Fitness Centers. Call 953-5953 for more information.

**Towel Rentals:** Towel rentals available at Maxwell and Gunter Fitness Center. Call 953-7894 for more information.

**Ear Bud Policy:** 3.5.6. Wearing portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating or skateboarding on roadways is prohibited to all persons listed in paragraph 1.1.4 Use of listening devices impairs recognition of emergency signals, alarms, announcements, approaching vehicles, human speech, and outside noise in general.