



Fitness Center

"Keeping you fit"



All DoD ID card holders are authorized to use the Fitness Center. All participants must adhere to established age limits and guidelines. Check out the new Fitness Center starting in early March! Call the Fitness Center at 247-2791 for details on programs and the new facility.

Classes (visit fairchildfun.com/fitness.html for the latest schedule)

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| <ul style="list-style-type: none">• Butts & Guts• Indoor Cycling, AKA "Spin"• Post Baby• Spin & Core | <ul style="list-style-type: none">• Toning & Core• Yoga• Zumba• And More | <p>Fee Clases:</p> <ul style="list-style-type: none">• Boxing Clinic• Martial Arts• Personal Trainers (see below) |
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Incentive Programs & Special Events

For those who are looking for a long term challenge, join an incentive program such as: Million Pound Club, Runners Club, Lazy Triathlon, "Walk the Rivers" and other challenges.

See your unit sport representative or visit the Fitness Center for a calendar of special events going on throughout the year - earn points for your Commander's Fitness Trophy.



Intramural & Varsity Sports

Join a squadron team for seasonal sports (basketball, volleyball, softball and flag football) to earn Commander's Cup points and to have fun with your squadron members. Higher level varsity teams are also available (women's softball, men's basketball and co-ed soccer).

Monster Boot Camp

This is a FREE six week physically challenging course designed to improve fitness level and test scores for those enrolled in Fitness Improvement Program (FIP) or anyone who wants to join. Visit fairchildfun.com for a camp schedule.

Personal Trainers

Personal Trainers are a great way for adults to get help with their fitness goals, one hour session at a time. Appointment with the contracted Personal Trainers can be made by calling the Fitness Center at 247-2791.