



Massage Therapy:
By Appointment Only: 953-8144

Intramural Sports Programs

Dates are subject to change.

Racquetball.....	Feb	3 on 3 Basketball	Aug
Volleyball	Feb	Beach Volleyball	Aug
Softball.....	Apr	Tennis	Sep
Soccer	Apr	Bowling	Sep
Golf	Apr	Flag Football.....	Oct
5K Run.....	May	Basketball.....	Nov
Pickleball	Jul	Wally Ball.....	Nov



Front Desk

Equipment Orientation

Stop by any time to get an orientation about our facility and equipment from our highly trained and certified staff.

Group Fitness

The Fitness & Sport Center offers a variety of group exercise classes. Come by and pick up a class schedule.

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.

Eligibility

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

Age Policies

AFI 34-266 24 SEPTEMBER 2007

16 years of age and over: Unrestricted use of all FC facilities and equipment need not be accompanied by a parent or legal guardian.

13 - 15 years of age: All cardiovascular and weight equipment, group exercise rooms. Requires interactive supervision* of an adult at all times. Other activity areas (basketball court, racquetball courts, running track): Parent or legal guardian must be in facility.

6 - 12 years of age: All cardiovascular and weight equipment and group exercise rooms: Access to these areas are prohibited. Other activity areas (basketball court, racquetball courts, running track): Requires interactive supervision* of an adult at all times.

Under 6 years of age: 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 an adult (parents, legal guardian or coach) and child to participate in/perform activity together at all times.



Find us on Facebook



www.42FSS.us



Maxwell-Gunter Fitness Centers

"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

Reservations/Information: 953-5953/5954
50 W. Ash Street, Bldg. 841

Hours

Mon - Fri	4:30 a.m. - 10:30 p.m.
Sat - Sun.....	8 a.m. - 7 p.m.
Holidays.....	10 a.m. - 4 p.m.

Maxwell Fitness Annex

Bldg 689

Hours

Mon - Fri	4:30 a.m. - 9 p.m.
Sat - Sun.....	8 a.m. - 6 p.m.
Holidays.....	Closed

Gunter

Reservations/Information: 416-1250/1251
175 W. North Drive, Bldg. 800

Hours

Mon - Thu	5 a.m. - 9 p.m.
Fri	5 a.m. - 8 p.m.
Sat	10 a.m. - 4 p.m.
Sun	12 - 5 p.m.
Holidays.....	10 a.m. - 4 p.m.

Peak Hours

Mon - Fri	10 a.m. - 1 p.m. & 4 p.m. - 7 p.m.
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Guests are prohibited during peak hours.

Maxwell Indoor Facilities:

- Basketball/Volleyball courts
- Racquetball courts
- Wallyball court
- Boxing room
- Group exercise room
- 100% Daily Use Locker Rooms
- Cardiovascular equipment (with TV entertainment system)
- Free weight equipment
- Selectorized Strength Machines
- Private women's workout room
- Fitness on Request
- Indoor running track (Annex)
- Parent child room (Annex)
- Combat fitness area (Annex)

Maxwell Outdoor Facilities:

- 12 ball fields located off Kelly St. (Four Field softball complex, Youth Baseball/Softball fields, and a T-ball field)
- 6 youth soccer fields
- 1 adult soccer/football fields
- 4 outdoor tennis courts
- Mini sports complex:
 - Horseshoe pits
 - Golf shag range
 - Beach volleyball courts
 - 3 on 3 basketball court
 - Pavilion

Gunter Indoor Facilities:

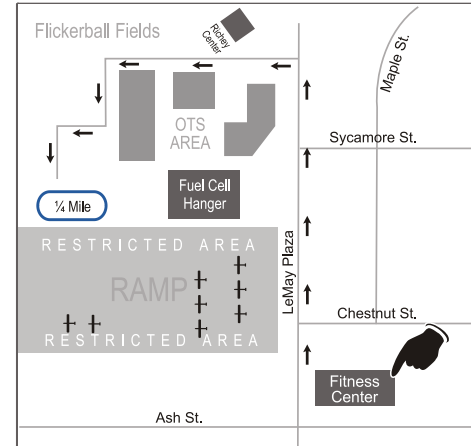
- Basketball/Volleyball court
- 3 Racquetball courts
- Cardiovascular equipment
- Free weight room including 100% daily use locker rooms
- Private women's workout room
- Fitness On Request (Community Center)

Gunter Outdoor Facilities:

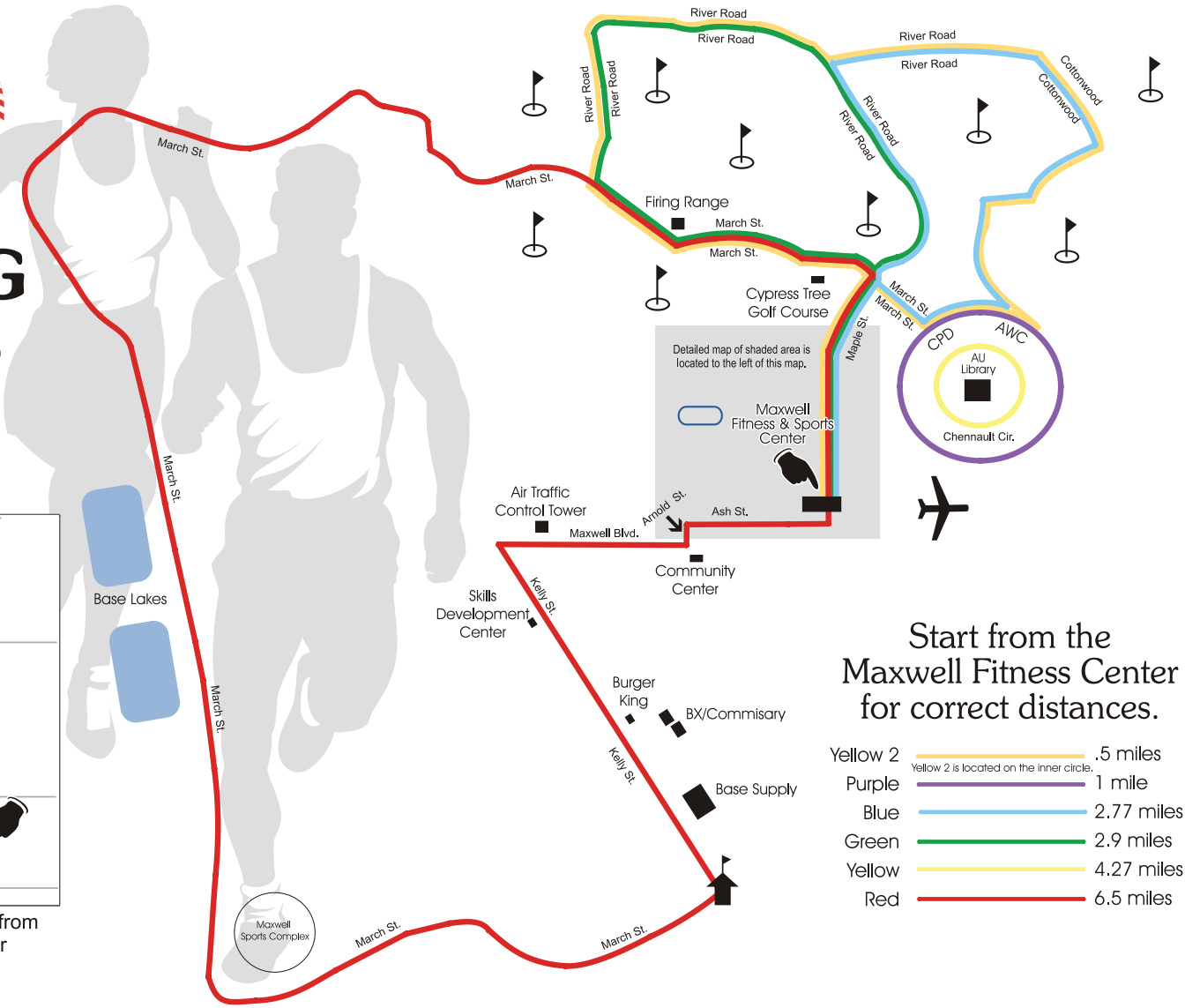
- Softball fields
- Youth fields
- Football field
- Tennis courts
- Practice court
- Soccer fields
- Running routes
- Basketball courts
- Outdoor running track

Personal trainers are available for free to all fitness center patrons. Personal trainers will evaluate your personal health history and design an individualized training program including instruction about weight loss, strength training and proper conditioning and equipment orientation. Personal trainers are available by appointment only. Call 953-5953 for more information.

USAF Fitness & Sports
Maxwell Air Force Base
RUNNING ROUTES



Map to OTS 1/4 Mile Running Track from Maxwell Fitness & Sports Center



Start from the Maxwell Fitness Center for correct distances.

- Yellow 2 — .5 miles (Yellow 2 is located on the inner circle.)
- Purple — 1 mile
- Blue — 2.77 miles
- Green — 2.9 miles
- Yellow — 4.27 miles
- Red — 6.5 miles



Fitness On Request allows participants to choose a workout from a kiosk and watch as a 110-inch projection screen brings the instructor to life.

