

### Ⓢ Age Policy

- 1. 16 years of age and older:** Unrestricted use of all facilities and equipment.
- 2. 14 and 15 years of age:** Cardiovascular and Free Weight Rooms require interactive supervision from parent, legal guardian or Youth Program staff member or coach. Unrestricted use of the basketball, **volleyball** and basketball courts, etc.
- 3. 13 years of age and under:** Cardiovascular and Free Weight rooms are prohibited. Other areas such as basketball, volleyball and racquetball, etc. require interactive supervision from a parent, legal guardian or Youth Program staff member.

### Ⓢ Child Care Area

For your convenience there is a child play area located down the hallway from the front counter. There is cardiovascular and strength training equipment to use as well as TV's for your convenience while your child plays. You must be present at all times.

### Sports Offered

#### Intramural

- Men/Women Basketball
- Coed Racquetball
- Men/Women Volleyball
- Men/Women Softball
- Coed Golf
- Coed Tennis
- Flag Football
- Coed Walleyball

#### Varsity

- Men/Women Basketball
- Men/Women Volleyball
- Men/Women Softball
- Coed Soccer

*Please understand, we strive to be the best!  
If, we make a mistake or you notice a problem  
please inform us in order for the staff to correct  
any problem as soon as possible.*

### Aerobic Class Schedules

#### Monday

- 6:00 a.m. Cycling
- 9:30 a.m. Body Sculpting
- 10:30 a.m. Step Aerobics
- 11:30 a.m. Boot Camp
- 5:00 p.m. Kickboxing
- 6:00 p.m. Cycling

#### Tuesday

- 7:00 a.m. Fit MaXX
- 9:30 a.m. Fit Intervals
- 11:30 a.m. Fit Intervals
- 12:30 p.m. Fusion
- 5:00 p.m. Body Sculpting
- 6:00 p.m. Zumba
- 6:00 p.m. Cycling

#### Wednesday

- 6:00 a.m. Cycling
- 9:30 a.m. Body Sculpting
- 11:30 a.m. Boot Camp
- 5:00 p.m. Kickboxing
- 6:00 p.m. Cycling

#### Thursday

- 7:00 a.m. Fit MaXX
- 12:30 p.m. Fusion
- 5:00 p.m. Body Sculpting
- 6:00 p.m. Zumba
- 6:00 p.m. Cycling

#### Friday

- 9:30 a.m. Step Aerobics
- 10:30 a.m. Kickboxing
- 11:30 a.m. Boot Camp

#### Saturday

- 9:00 a.m. Cycling
- 10:00 a.m. Masters Aerobics



### Fitness & Sports Center Bldg 806



### HOURS OF OPERATION

Monday-Thursday:

**4:30 a.m.-Midnight**

Friday

**4:30 a.m.-9 p.m.**

Saturday and Sunday

**8 a.m.-5 p.m.**

Holidays,

Goals & ACC Family Days:

**8 a.m.-5 p.m.**

**Hours are Subject to Change**

### Telephone Numbers

Information.....895-2789  
 Crt/Fld Reservations.....895-2789  
 HAWC.....895-1217  
 Intra/Vars Dir.....895-2789  
 Fitness Director:.....895-2112

**Shaw AFB Fitness and Sports Center offers a variety of programs for you to participate in.**

Visit us online at [www.20thfss.com](http://www.20thfss.com)  
 Email us at [fitness@20thfss.com](mailto:fitness@20thfss.com)



## Equipment/Facilities Available

### 🕒 **Strength Training Room (1 ea)**

#### ❖ **38 Stations**

#### **(Body Master, Nautilus and Paramount)**

1. Towels are mandatory for care and sanitation when using any exercise equipment. Please use cleaning wipes provided to wipe equipment off after each use.
2. Improper use of equipment can be severely dangerous. If you are unsure of how to use the equipment a staff member will assist you.
3. For your own safety, watches, combat boots, civilian street shoes, sandals, jewelry with protruding mountings and belts with buckles should not be worn when using benches and machines.
4. 14-15 year olds must be interactive from parent or legal guardian. 13 years and under are prohibited from using the equipment

### 🕒 **Cardiovascular Rooms (2 ea)**

- ❖ **3 Up-right Bikes**
- ❖ **4 Recumbent Bikes**
- ❖ **4 Rowing Machine**
- ❖ **4 Step Mill**
- ❖ **4 Steppers**
- ❖ **22 Cross trainers**
- ❖ **24 Spinning Bikes**
- ❖ **32 Treadmills**

1. Towels are mandatory for care and sanitary reasons when using any exercise equipment.
2. Read instructions posted on machines prior to working out.
3. Please use the cleaning wipes provided to clean equipment after use.
4. When others are waiting to use the equipment, please limit use to 30 minutes.
5. 14-15 year olds require interactive supervision from parent or legal guardian. 13 years and under are prohibited from using the equipment.

### 🕒 **Free Weight Room (1 ea)**

1. Towels are mandatory for care and sanitation when using any exercise equipment. Please use the cleaning wipes provided to wipe down equipment after each use.
2. Due to high risk of injury, we strongly urge the use of a spotter when training with free weights.
3. Please remove plates from bars and machines and return to proper place after use.
4. For your own safety, watches, combat boots, civilian street shoes sandals, jewelry with protruding mountings and belts with buckles should not be worn when using benches and machines.
5. 14-15 year olds must be interactive from parent or legal guardian. 13 years and under are prohibited from using the equipment.

### 🕒 **Sauna Polices (men and women)**

**Due to high temperatures**, the sauna can be dangerous to your health. We recommend that you consult a physician prior to use. Persons with medical conditions such as high blood pressure, heart disease, respiratory problems and pregnant women should avoid exposure to high heat.

#### ❖ **Sauna Rules:**

1. Please shower before use.
2. Please limit your maximum to 10 minutes for each use.
3. Allow five minutes after exercising before entering.
4. Food, beverages and paper are not allowed. No alcohol permitted.
5. No street or gym attire allowed in sauna.
6. Towels must be used to sit on and to cover up or you must wear a bathing suit.
7. Temperature is kept between 170-180 degrees and 5% humidity.

### 🕒 **Towel Policy**

#### **NO TOWEL SERVICE AT THIS FACILITY**

Towels are to be provided from each individual.

### 🕒 **Locker Room Polices (1 ea) Men/Women**

1. All main locker room lockers for men and women are daily use only.
2. All locks must be removed by the close of business. Lockers that have locks remaining on them at the end of the day will be cut off the next morning.

### 🕒 **Basketball/Volleyball Court Polices (2 ea)**

1. All persons using the basketball and volleyball courts must hand carry shoes into the facility.
2. Proper athletic attire must be worn at all times
3. Non-marking shoes are not allowed.
4. Challenge court basketball is used during peak hours: Monday-Friday 11 a.m.-1 p.m. and 4-6 p.m., Saturday, Sunday and Holidays, all day. Sunday from 2-5 p.m. is volleyball challenge on ½ court (must have a minimum of 10 players to set up court)

### 🕒 **Field/Court Reservations**

1. To reserve a court (basketball, volleyball (indoor/outdoor)) or field (football, soccer or softball) you must stop by the Center's front desk and fill out a reservation form.
2. Units that wish to reserve a court or field for unit PT may do so no more than three times weekly for the duration of the current month.
3. Recurring reservations may be submitted on or after the 15th of the month prior to using the facility.
4. Special functions may be programmed as far out as needed with the permission of the Fitness and Sports Director.

### 🕒 **Jogging Trails (3 ea)**

There are three jogging trails on Shaw AFB. A 7.5 mile trail beginning at the Fitness and Sports Center, takes you around the Flight Line and back to the Center. A 1.3 mile trail begins at the Base Chapel, goes through the woods and back to the Chapel. A 1.5 mile trail runs around the Fam Camp and Softball Complex area.