



## Fitness Annex Bldg 9005

Used to supplement the main fitness center. Main use is for squadron physical training. Features indoor basketball/volleyball court, weight room, circuit training room, dumbbell room, parent-child area, indoor cycling & racquetball courts.

### Group Fitness Classes

Located at the Airmen & Family Readiness Center(A&FRC), Bldg 10122

- 13 classes offered per week; Including: yoga fitness, step interval-n-strength, cardio kick-boxing, salsa sizzle & total body conditioning
- All classes are free!

### Indoor Cycling Class

Located in the Fitness Center Annex, Bldg 9005

- 9 classes offered per week
- 40 New state-of-the-art Keiser M3 Indoor Cycles, \$35,000



## Special Events

- Monthly 5k Fun Runs
- Triathlon
- Bench Press Competition
- Dodgeball Tournament
- Fit for Life
- Track Relays
- 3 on 3 Basketball

## Fitness Assessment Cells

CSAF directed fitness testing standardization. AF Fitness Program Guidance with 4 major changes begins 1 Jul 10. Changes include introduction of a Fitness Assessment Cell to perform all AF fitness assessments, bi-annual assessing, more stringent FA parameters to include member must pass all parameters to have overall passing score. Disciplinary actions are to the discretion of the Unit Commander for those members who fail the fitness assessment. Two (2) fitness assessment cells have been identified. Both cells will be located in the main fitness center, Bldg 10130. VAFB is authorized to have 3 civilian Fitness Testing Specialists (GS-04) who will be in charge of testing the entire VAFB active duty population. Further guidance can be found in AFI 10-248 (Fitness Program).



## VAFB Fitness Center

### Hours of Operation:

**Fitness Center Bldg 10130**  
 Monday-Friday: 0430-2330  
 Saturday & Sunday: 0800-2300  
 Holidays: 0800-1800

**Fitness Annex Bldg 9005**  
 Monday-Friday: 0500-1800  
 Saturday & Sunday: Closed

Tel: 606-3832  
 DSN: 276-3832

## New Fitness Center

### Interesting Facts:

- State-of-the-art 15.5 million dollar facility
- Approx. 51,000 square feet
- We serve over 700 customers daily
- Available to use for active duty, retirees, dependents, DoD civilians & base contractors
- Vandenberg's Fitness Center is one of only a few in the Air Force staffed solely by NAF civilians

## Personal Trainers

We have several personal trainers on duty to develop a custom fitness program to meet your needs and help you achieve your personal goals.

All VAFB personal trainers have been certified through an approved certifying agency. Our personal trainers have also been through extensive Air Force Fitness specialist training.

## Locker Rooms

### Men's locker room:

- 17 individual showers
- 276 lockers
- 1 large sauna

### Women's locker room:

- 13 individual showers
- 223 Lockers
- 1 large sauna

### Men & Women's DV locker room:

- Sauna
- Showers
- Full-size lockers



## Work-Out Room

- 9,000 square feet
- Nearly \$500,000 of top-of-the-line cardiovascular & strength equipment

### Cardiovascular Equipment:

- Treadmills, elliptical trainers, stair-steppers, spinning bikes, rowers, versa-climbers, upright bikes, recumbent bikes, arc trainers, step-mill, tread-climbers & summit trainer

### Strength Equipment:

- Full line of Cybex VR3 circuit, Hammer Strength circuit, Hammer Strength plate-loaded machines

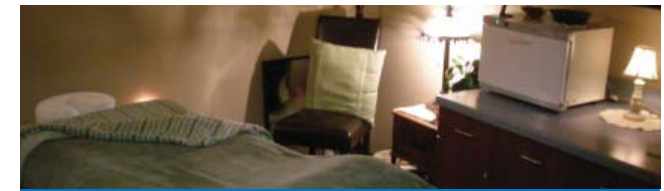
## Team Sports

### Intramurals:

Our program includes the following sports: basketball, over 30 basketball, volleyball, golf, softball, over 30 softball, women's softball, soccer, flag football, bowling, roller hockey, racquetball, winter softball, trap and skeet.

### Varsity:

Varsity sports include: flag football, women's basketball, men's basketball, men's volleyball, women's volleyball, men's softball, coed softball, women's softball, soccer.



## A Natural Knead

- On site 6 days a week
- 10 Yrs experience providing various massages from around the globe- swedish, thai, barefoot, deep tissue, hot stone, even one for expectant mothers
- Two private rooms (adjacent to locker rooms)



## Healthy Palate

- Professional nutritionist with years of experience and a local restaurant
- Provides helpful tips for healthy eating, food allergies & weight loss
- Provides delicious, healthy smoothies geared to specific fitness goals such as the "energizer" & the one for muscle recovery
- Unique salads, made to order sandwiches & snacks made with fresh ingredients on the spot



## Phantom Fitness

Fat Burning, Core Stabilization, Body Building & Sculpting, Injury Rehab, Cardiovascular Stamina Endurance, Toning & Maintenance, Sport Specific, Corporate Wellness and Group Fitness