

## Fitness and Sports Facilities

### Benko Fitness Center

- Strength Training Room:  
Selectorized Machines & Free Weights
- Cardio Room:  
Elliptical, Treadmills, Upright & Recumbent Bikes
- Munchkin Room:  
Parents can exercise while supervising their children
- Indoor Pool:  
25-Meter, 6-Lane Lap Pool
- Basketball Court/Volleyball Court
- Indoor Running Track
- Aerobics Room

### Racquetball Annex

- Building 4750
- 3 Racquetball Courts
- Showers & Restrooms available

### Haeffner Fitness Center

- Strength Training Room:  
Selectorized Machines & Free Weights
- Cardio Room:  
Elliptical, Treadmills, Upright & Recumbent Bikes
- Aerobics Room
- Basketball Court/Volleyball Court
- Cross-training area
- Alpha Warrior Rig

## CLASS SCHEDULE EFFECTIVE: 15 MAY 2018

MON	CLASS	LOCATION	INSTRUCTOR	FEE
1000-1100	BALLET BARRE	BENKO	BRANDY	\$4.00
1100-1200	POWER YOGA	BENKO	BRANDY	\$4.00
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE
1700-1800	SPIN	HAEFFNER	FEDERICK	\$4.00
TUES	CLASS	LOCATION	INSTRUCTOR	FEE
0530-0630	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1215	STRONG ZUMBA	HAEFFNER	KAYLEE	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1630-1730	POWER YOGA	BENKO	BRANDY	\$4.00
1700-1800	SPIN	HAEFFNER	MARIA	\$4.00
1730-1830	BALLET BARRE	BENKO	BRANDY	\$4.00
WED	CLASS	LOCATION	INSTRUCTOR	FEE
1000-1100	BALLET BARRE	BENKO	BRANDY	\$4.00
1100-1200	POWER YOGA	BENKO	BRANDY	\$4.00
1130-1200	HIIT SPIN *	HAEFFNER	VERONICA	FREE
1700-1800	ZUMBA	HAEFFNER	MARIA	\$4.00
THURS	CLASS	LOCATION	INSTRUCTOR	FEE
0530-0630	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1230	FIP *	BENKO	JENNIFER	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1630-1730	CARDIO * STRENGTH	BENKO	KELLIE	FREE
1700-1800	SPIN	HAEFFNER	MARIA	\$4.00
FRI	CLASS	LOCATION	INSTRUCTOR	FEE
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE

\* Counts for FIP (Fitness Improvement Program)

## Description of Classes

**Ballet Barre:** This is a full body workout that incorporates a bit of yoga, Pilates, strength training and a little ballet! Come prepared to build strength & stamina and feel amazing!

**Cardio Strength:** Cardiovascular training designed to increase overall muscular strength.

**CrossFit :** This class is designed for someone proficient in CrossFit movements who can maintain proper technique while training at a high intensity.

**HIIT Spin:** This indoor cycling cardio workout alternates bouts of high and low intensity segments set to music.

**Spin:** This class is an indoor Cycling cardio workout set to music.

**Zumba:** An aerobic fitness session featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

**FIP:** Fitness improvement program to promote better fitness assessment, insuring proper technique and form as well as endurance and strength.

**Power yoga:** A strong flowing practice that offers challenges to students at any level. In this class we connect our breath with our movements and explore a variety of strengthening as well as grounding poses! Modifications are always available for those who need a bit less or even a bit more!

**Strong Zumba:** is a total body conditioning class with HIIT interval training synced perfectly

**Note:** Classes can be paid for at the Benko Front Desk. Schedule is subject to change. Most instructors will not teach classes on holidays or ACC family down days.

### Intramural Sports Schedule

Flag Football	Oct-Dec
Basketball	Jan-Mar
Softball	May-July
Soccer	Apr-July
Volleyball	Aug-Sep

### Personal Trainers

<b>Anthony Reill</b>	520-309-8186
<b>Christine Pinkney</b>	520-975-2820
<b>Jessica Mielnicki</b>	520-829-8020
<b>Kenneth Welch</b>	910-261-5169

\* Current Rate for 1 Client is \$50.00/session



### Fitness Assessment Cell (FAC) Schedule

**EFFECTIVE 1 APRIL 2018,  
NO MORE FSS FAC TESTING,  
CONTACT YOUR UFPM.**

**PTL-B Wednesdays**

**First 3 weeks of every month  
at 0900**

### Massage Therapist

Lisa Larsen

To make an appointment, call 520-228-0022

Wednesdays

\*Current rate for 15 minute massage is \$12

\*Current rate for 30 minute massage is \$20

### Outdoor Facilities

- 2 Softball Fields
- 1 Football Turf/Soccer Field
- 2 Tennis Courts
- Racquetball Annex w/ 3 Courts
- 400M/Quarter-mile Outdoor Running Track
- 1.5 Mile Park Track (near Golf Course)

### Monthly Events

PLEASE REFER  
TO THE  
FITNESS CENTER  
STAFF FOR MORE DETAILS



[www.facebook.com/DavisMonthanFitnessCenters](http://www.facebook.com/DavisMonthanFitnessCenters)



@DMFitnessCenter

### Benko Fitness Center

Mon-Fri: 0500-2100

Weekends/Holidays/Down Days: CLOSED\*

\*24/7 Access for registered CAC holders

DSN: 228-0022

### Haeffner Fitness Center

Mon-Fri: 0400-1900

Weekends/Holidays/Down Days: 0800-1600

DSN: 228-3714

### Racquetball Annex

Open 24/7

### Indoor Pool

Mon-Fri:

0600-1800

Weekends/Holidays/

Down Days: Closed

DSN: 228-0015

### Fitness Assessment Cell

Mon-Fri:

0500-1530

DSN: 228-0274