

Fitness and Sports Facilities

Benko Fitness Center

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

Class Schedule

Current as of 22 June 2017

MON	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
TUES	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1230	FIP *	BENKO	JENNIFER	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1700-1800	SPIN	HAEFFNER	MARIA	\$4.00
WED	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1200	HIIT SPIN *	HAEFFNER	VERONICA	FREE
1530-1630	SPIN *	HAEFFNER	JUSTIN	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1700-1800	ZUMBA	HAEFFNER	MARIA	\$4.00
THURS	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1230	FIP *	BENKO	JENNIFER	FREE
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1700-1800	SPIN	HAEFFNER	MARIA	\$4.00
1700-1800	CARDIO * STRENGTH	BENKO	KELLIE	FREE
FRI	CLASS	LOCATION	INSTRUCTOR	FEE
1200-1300	SPIN *	HAEFFNER	JUSTIN	FREE

* Counts for FIP (Fitness Improvement Program)

Description of Classes

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.

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
Volleyball	Aug-Sep

Fitness Assessment Cell (FAC) Schedule

Testing Times:

Apr-Sept: 0530 & 0730
Oct-Mar: 0630 & 0830

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)

Personal Trainers

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

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

Massage Therapist

Lisa Larsen

To make an appointment, call 520-228-0022

Tuesdays and Wednesdays

*Current rate for 15 minute massage is \$12

*Current rate for 30 minute massage is \$20

Monthly Events

PLEASE REFER
TO THE
FITNESS CENTER
STAFF FOR MORE DETAILS



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

April-Sept:

0500-1400

October-March:

0600-1500

DSN: 228-0274