

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: 1 JULY 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
0900-1000	Senior Group Fitness	BENKO	CHRISTINE	\$4.00
1600-1700	CrossFit *	HAEFFNER	ACTIVE DUTY COACH	FREE
1700-1800	SPIN	HAEFFNER	MARIA	\$4.00
WED	CLASS	LOCATION	INSTRUCTOR	FEE
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
FRI	CLASS	LOCATION	INSTRUCTOR	FEE
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE

* Counts for FIP (Fitness Improvement Program)

NOTE: Senior Group Fitness class will begin 10 July 2018.

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 to the beat. It is not a dance class. Bring your towel, class can get sweaty!

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

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**

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

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**



Find us on
Facebook

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