

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
- Battle Locker

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 Functional training area
- Alpha Warrior Rig
- Aerobics Room

CLASS SCHEDULE EFFECTIVE: 28 November 2018

MON	CLASS	LOCATION	INSTRUCTOR	FEE
0700-0800	ALPHA WARRIOR	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE
TUES	CLASS	LOCATION	INSTRUCTOR	FEE
0530-0630	CrossFunctional*	HAEFFNER	ACTIVE DUTY COACH	FREE
1600-1700	CrossFunctional*	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
1700-1800	SPIN	HAEFFNER	FREDERICK	\$4.00
THURS	CLASS	LOCATION	INSTRUCTOR	FEE
0530-0630	CrossFunctional *	HAEFFNER	ACTIVE DUTY COACH	FREE
1130-1230	FIP *	BENKO	JENNIFER	FREE
1530-1630	ALPHA WARRIOR	HAEFFNER	ACTIVE DUTY COACH	FREE
1630-1730	CARDIO * STRENGTH	BENKO	KELLIE	FREE
FRI	CLASS	LOCATION	INSTRUCTOR	FEE
1130-1200	HIIT SPIN*	HAEFFNER	VERONICA	FREE
1600-1700	CrossFunctional*	HAEFFNER	ACTIVE DUTY COACH	FREE

Note: Classes need to 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.

Description of Classes

Alpha Warrior: This is a new type of technical obstacle course that will push you in ways that you've never been pushed before. Breaking away from the mundane and having fun with your friends.

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

CrossFunctional : This class is designed for someone proficient in Cross Functional 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.

The men's & Women's locker rooms will be closed from 1 Dec 2018 - beginning of May 2019 Due to renovation*

The outside track is currently undergoing renovations until May 2019. The Golf Course has been approved for Official PT Assessments

Intramural Sports Schedule

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

Fitness Assessment Cell (FAC)

Sign up for PTL B classes on the FAC SharePoint

<https://dm.eim.acc.hedc.af.mil/355MSG/355FSS/Sustainment/FAC/default.aspx>

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
Kenneth Welch	910-261-5169

Current Rate for 1 Client is \$50.00/session

For more information stop by our fitness center's front desk.

Massage Therapist

Lisa Larsen

To make an appointment, call 520-228-0022

Wednesdays

*Current rate for 15 minute massage is \$12

Monthly Events

PLEASE REFER TO THE
FITNESS CENTER
STAFF FOR MORE DETAILS



www.facebook.com/DavisMonthanFitnessCenters



Benko Fitness Center

Mon-Sun: 0500-2100

***24/7 Access for registered CAC holders and dependents of active duty, guard and reserve ONLY**

DSN: 228-0022

Haeffner Fitness Center

Mon-Fri: 0800-1200

***24/7 Access for registered CAC holders and dependents of active duty, guard and reserve ONLY**

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:

0600-1630

DSN: 228-0274