

## Intramural Sports

Basketball	16 Jan
Golf	12 Mar
Soccer	9 Apr
Softball	TBD
Cornhole	TBD
Volleyball	5 Aug
Tennis	19 Aug
Flag Football	24 Sep

## Incentive Programs

**Jan-Dec**

**Burn to Earn**

**Jan-Mar**

**Mission Slimpossible**

**May**

**F35 Atlas Challenge**

**June-July**

**1000/500 lb Club Challenge**

**Jun-Nov**

**Coast Masters Cardio Challenge**

**Panhandle**

## Group Classes

**Indoor Cycling**

**Boot Camp**

**Yoga**

**Pilates**

**Zumba**

**TRX**

See Aerobic Calendar for additional information

**Studio Fitness On Demand**

**Wellbeats Kiosk**

Premium Virtual Fitness Classes Available

See Fitness Center Staff for additional information

**Open Space Workout Areas**



LET US KNOW HOW WE'RE DOING

**ICE**  
INTERACTIVE CUSTOMER EVALUATION

[ICE.DISA.MIL](http://ICE.DISA.MIL)

## Tyndall

**Fitness & Sports Center**

**850-283-2455**



## HOURS OF PERATION

### FITNESS CENTER

Mon-Fri 5:00am-11:00pm

Family Days 8:30am-4:30pm

Sat-Sun-Holiday Unstaffed

After Hours Access Available During Unstaffed Hours

See Fitness Center Staff for Registration

### OUTDOOR FITNESS PAD

Mon-Fri 5:00am-7:00pm

Family Days 8:30am-4:00pm

Sat-Sun-Holiday CLOSED

DEPARTMENT OF THE AIR FORCE



**FITNESS & SPORTS**

# Outdoor Fitness Areas



**Beacon Beach Fitness Trail**



**ACS/AFNORTH  
Fitness Pad**

**400 Meter Track  
Football/Soccer Field**



**Main Track  
Fitness Pad**

# Annual Special Events

## January

New Years Resolution 5k      Futsal Tournament

## February

Run For Your Heart 5k

## March

3 Point Shoot Out      Ultimate Frisbee

Pot O' Gold 5/10k

## April

Dodgeball Tournament      Airman's Day Events

## May

Paddleboard Yoga      Pickleball Tournament

## June

Great Race

## July

Futsal Tournament

## August

Home Run Derby

## September

Punt Pass & Kick      Paddle Board Yoga

## October

Airman's Day Events

Pickleball Tournament      Zumbathon

## November

3 on 3 Basketball      Turkey Trot 5k

## December

Dodgeball Tournament

Santa Run 5k

# Cardio Equipment



Step Mills

Treadmills

Ellipticals

Concept 2 Rower

Sci Fit Stepper

Arc Trainer

Concept 2 SkiErg

Upright Cycles

Jacobs Ladder

Recumbent Cycle

HIIT Mill

Tecno Gym Wave

Sci Fit Total Body Ergometer

Free Weight  
&  
Cable  
Machines



Full line of  
Hammer  
Strength  
Plate Loaded

2 Life Fitness  
Selector  
kits

