

Fitness Facility

Basketball / Volleyball Court

Weight Room

free weights

top of the line selectorized resistance equipment

top of the line cardiovascular equipment

treadmills, ellipticals, Cybex Arc-Trainers

Functional Training Area

Stability balls

Medicine balls

Men's & Women's daily use Locker Rooms

Outdoor Trail

1.75 miles, behind the Fitness Center

Racquetball Facility

Racquetball Court - call to reserve

Men's & Women's daily use
Locker Rooms with saunas

Various Aerobic Machines

Group Classes

Cycling Class: Mon, Tue & Thu 11 am - 12 pm

Boot Camp: Mon, Wed & Fri 6 - 7 am

Yoga: Mon 11 am - 12 pm

Karate: Tue & Thu 3 - 5 pm

Zumba: Tue & Thu 4:15 - 5:15 pm

Pilates: Wed 11 am - 12 pm

Piloga: Fri 11 am - 12 pm



Fitness Center Hours

MONDAY - FRIDAY 5am-9pm

SATURDAY 8am-4pm

SUNDAY Closed

Holidays may vary

(931) 454-6440

DSN 340

FAX 6462

*Daily use of the Fitness Center
is for authorized users only.
Please inquire about eligibility.*

Instructions & Personal Training available



Sports & Fitness Center

(931) 454-6440

FAX (931) 454-6462

DSN 340-6440

as of January 2012



Arnold Air Force Base
Tennessee

*Information subject to change.
Please call to verify current programs, policies and hours.*

Sports Program

The Fitness Center offers a variety of intramural and extramural sports throughout the year open to all AEDC personnel, active duty & retired military, National Guard and Reserve.

Basketball

- January - April
- Open league
- 15 people per team (sign up individually or by team)
- Round Robin Double Elimination - Post Tournament
- NCAA rules & AEDC By-laws apply

Racquetball

- January - December
- singles or doubles (sign up individually or by pairs)
- Tournaments - ladder type
- AARA rules and AEDC By-laws apply

Golf at Arnold Golf Course

- April - July
- Playoffs at conclusion
- Play Mondays & Tuesdays
- 4 people per team
- League fees apply
- Modified daily green fees
- Cart rental extra

Softball (summer league)

- May - August
- Men's and Women's leagues
- 15 people per team (sign up individually or by team)
- Round Robin Double Elimination - Post Tournament
- USSSA rules & AEDC By-laws apply

Flag Football

- September - October
- 12 people per team (sign up individually or by team)
- Round Robin - Post Tournament
- AEDC By-laws apply

Bowling at Tullahoma Lanes

- September - April
- Coed Recreation league
- Weekly lane fees and shoe rentals
- 3 people per team (sign up individually or by team)
- Split season - 2 rounds/2 positions
- ABC, WIBC rules & AEDC By-laws apply

Volleyball

- October - December
- Men's and Women's leagues
- 10 people per team (sign up individually or by team)
- Round Robin - Double Elimination Post Tournament
- USVA rules and AEDC By-laws apply

Special Annual Events

January

3 Point Basketball Shoot Out

February

Physical Challenge

March

Pot O' Gold 5K

April

Group Exercise "Big 6"

May

Armed Forces Run
Bike to Lunch

June

Golden Baton Relay Race

August

Bike event

September

Fall Fun Run
USAF Marathon

October

5K Draw Fun Run/Walk

November

Turkey Trot (benefit)

December

Indoor Tri-Challenge