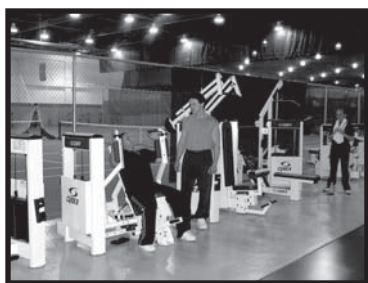


## Policies & Age Restrictions



For safety considerations, ID checks and age restrictions are enforced in our facilities during peak times. All policies are designed for the safety and comfort of all our patrons.

### Age Restrictions

- » Patrons 16 years and older have unrestricted use of all fitness facilities and equipment, and need not be accompanied by a parent or legal guardian.
- » Patrons 13 to 15 years of age have unrestricted use of the courts and track when a parent or legal guardian is in the facility. Interactive parental supervision is required in cardio, resistance, and free-weight areas.
- » Patrons 6 - 12 years of age are allowed on courts with interactive adult supervision, but access to the cardiovascular equipment, weight room, and group exercise rooms is prohibited. Children are not allowed to participate or be present in aerobics classes.

### Proper Attire

All patrons must wear proper attire and safety equipment. Please dress conservatively. Sneakers and tennis shoes must be worn at all times. Please help protect the Field House flooring from salt and snow by changing into your gym shoes once you are inside the



building. Do not wear midriff- or pectoral-bearing shirts. Do not wear baggy clothing that might catch on the weight-training machines.

### Guest Policy

Authorized users can only sign in two guests per visit-during non-peak times. Sponsor must be at least 18 years of age to sign guests into the facility and must remain in facility with their guest. Guests are not allowed during peak times.



Peak times in the fitness center are weekdays, 0600-0900 (6 AM - 9 AM), 1100-1300 (11 AM - 1 PM), and 1500-1800 (3 PM - 6 PM).

## Hours of Operation

Monday - Friday: **0500 - 2400 (5 AM - 12 AM)**

Saturday & Sunday: **0800 - 2000 (8 AM - 8 PM)**

Family Days & Holidays: **0800 - 1800 (8 AM - 6 PM)**

## Offutt Field House

Fitness Center

Phone: **(402) 294-5413/4**

Fax: **(402) 294-0885**

**Offutt AFB**  
**FORCE SUPPORT**  
Combat Support & Community Service  
[www.offutt55fss.com](http://www.offutt55fss.com)

# Offutt Field House

## Services & Programs Guide



## Fitness Center Resources

The Offutt Field House, at 220,000 sq feet, is the largest fitness center in the Air Force and boasts an outstanding selection of cardio, free weight, and resistance equipment, as well as multiple athletic courts and swimming pool. Amenities include:

- » Cardiovascular equipment, including treadmills, LifeCycles, stepmills, Stairmasters, and crosstrainers
- » Hammer Strength and Life Fitness weight-training equipment
- » Indoor .4 mile walking and running track
- » Four racquetball courts
- » Three tennis courts
- » Soccer pitch
- » Two full-size basketball courts
- » Two indoor golf driving ranges
- » Daily-use lockers
- » Whirlpool and sauna
- » Children's play area
- » Children's hotshot basketball area



virtually all of the major muscle groups as well as the respiratory and cardiovascular systems. Classes are held five days a week and are suitable for all fitness levels and physical ability.

### Spinning

This exciting and energetic class offers a great calorie burn, aerobic conditioning, and fun music! Twenty bikes are available. Classes are held three days a week.

### Aerobics

Raise your heart rate through upbeat music and full body movements! We offer a variety of aerobic workouts, including cardio, cardio-boxing, sculpting, and step classes.

We also have private lessons offered for additional fees. Tennis instruction runs fall through spring, judo is offered year-round, and golf lessons are given in conjunction with Willow Lakes Golf Course and at the indoor driving ranges.

## Special Events

Special one-day events are held at the Offutt Field House throughout the year.

- » January: Biggest Loser Contest
- » February: Valentine's Sweetheart Run/Walk
- » June: Wing Sports Day
- » September: Amazing Race
- » October: Fall Triathlon
- » November: Turkey Trot 5k Run/Walk
- » December: Jingle Bell Run

Additional programs may include dodgeball competitions, weightlifting competitions, three-point shootout tournaments, and more!

Do you have an idea for an event you'd like to see at the Offutt Field House? Just submit a comment card at the front desk!

## Intramural Sports

We offer a great seasonal intramural sports program, open to everyone but targeted to active duty members. Individuals must be 18 years of age or older and out of high school to participate in intramural sports. See the Intramural Sports brochure for more information.

- » March: Volleyball
- » May: Softball
- » September: Flag Football
- » October: Soccer
- » November: Basketball

## Incentive Programs

Offutt Field House has several incentive programs available for active duty members. These include "Run Across Nebraska" (314 miles of running), "Bike Around Nebraska" (1322 miles of biking), and "Swim the Platte River" (310 miles of swimming).



## Exercise Classes

Patrons must be 16 years or older to participate in instructed fitness classes. Classes are free of charge with use of our facility. Check current schedules for up-to-date classes offerings and times at [www.offutt55fs.com](http://www.offutt55fs.com).



### Water Aerobics

If you like the idea of getting a good workout but hate breaking a sweat, jump into a liquid gym! Water fitness classes strengthen

## Reservations

Our courts and amenities can be reserved for various functions. General reservations are available for basketball, multipurpose, tennis, and racquetball courts, as well as the softball 4-plex and soccer pitch. Reservations can be made no more than 24 hours in advance.

Specialized reservations include unit PT, unit Sports Days, and track reservations. Unit PT may be reserved on a monthly basis and takes priority over general reservations.