

# CONTACT US

## HOURS:

Visit [www.moodyfss.com](http://www.moodyfss.com) for hours of operations and Aerobics Center class schedule

## ADDRESS:

4851 Burrell St, Bldg 404  
Moody AFB, GA 31699

## PHONE:

### Fitness Center

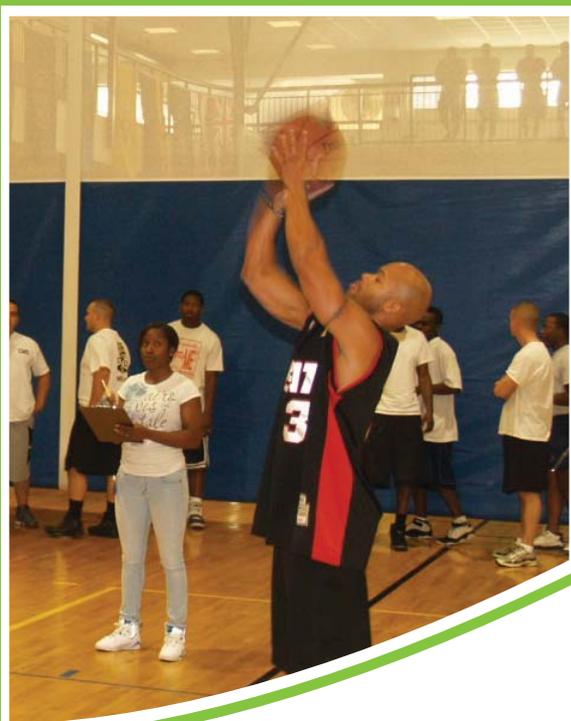
(229) 257-1621 DSN 460-1621

### Nutrition Oasis

(229) 257-4929 DSN 460-4929

## WEBSITE: [www.moodyfss.com](http://www.moodyfss.com)

[www.facebook.com/moodyfss](http://www.facebook.com/moodyfss)



23D FORCE SUPPORT SQUADRON  
MOODY AIR FORCE BASE, GA

## FOR MORE INFORMATION

### ON FSS PROGRAMS:

23 FSS Marketing • (229) 257-2033

[23fssmarketing@us.af.mil](mailto:23fssmarketing@us.af.mil)

[www.moodyfss.com](http://www.moodyfss.com)

[www.facebook.com/moodyfss](http://www.facebook.com/moodyfss)

*Tiger Tales in the Moody Volunteer*

*FSS Texts (Texts with Deals & Discounts)*

*'OH Yes! Weekly' Newsletter*

*Monthly Newcomers Tour*



# FREEDOM I FITNESS CENTER

[WWW.MOODYFSS.COM](http://WWW.MOODYFSS.COM)



 (229) 257-1621

 **HOURS:** See [www.moodyfss.com](http://www.moodyfss.com) for hours of operations

 **WEBSITE:** [www.moodyfss.com](http://www.moodyfss.com)  
[www.facebook.com/moodyfss](http://www.facebook.com/moodyfss)



Moody Air Force Base Freedom I Fitness Center provides unrivalled, world-class fitness and recreational opportunities for Air Force members, retirees, and their families.

## AGE POLICY

**16 and up:** Unrestricted use of the facilities.

**Ages 13-15:** With interactive supervision from parent or legal guardian, may use cardio equipment and weight room.

**Ages 6-12:** With interactive supervision from parent or legal guardian, may use basketball and racquetball courts and running track ONLY.

**Ages 6 months-5 years:** Access to family room only. All children must stay in enclosed play area and parents must remain in the family room with their children.

For more age limitations as well as who may sponsor guests, please go to [www.moodyfss.com](http://www.moodyfss.com).

## FACILITIES

We offer an aerobics room, family room, cardio room, weight room, boxing room, racquetball courts, gymnasium, indoor running track, two outdoor running tracks, football/soccer field, two softball fields, outdoor sand volleyball court and tennis courts. We have a space for everyone!

## SPORTS

Freedom I Fitness Center offers four intramural sports and two extramural sports a year. Intramurals include basketball, softball, flag football and volleyball. Extramurals include golf and bowling and require a minimal fee to participate. Please contact your squadron sports representative to sign up today!

## FITNESS CLASSES

Classes include body toning, circuit training, zumba, yoga, spin, and mommy boot camp (a class where parents may bring their little ones with them). Classes offered Monday through Friday and most are free. Please check out our website for more information.

## SPECIAL EVENTS AND INCENTIVE PROGRAMS

We strive to special events each month and incentive programs to

push our customers. Events like 5k, 10k, half marathons, triathlons, squadron fitness challenges, softball tournaments, and so much more. Incentive programs include running, swimming and lifting challenges. Please check with the front desk or go to [www.moodyfss.com](http://www.moodyfss.com) for more information on upcoming events.

## ADDITIONAL OFFERINGS

Freedom I offers one on one or group personal training sessions and massage services for a nominal fee. We also have a nutrition center located in the heart of the Fitness center for those looking for light meals or nutrition shakes.

## ARE YOU INTERESTED?

If you have a great idea for a program you would like to see offered at the Fitness Center or would like to teach a class, be a personal trainer or massage therapist, please contact the Fitness Center Director or NCOIC. We are grateful for constructive ideas!

