

## WE NEED YOU!

### DO YOU HAVE CLASS IDEAS?

If you have a great idea for a program that you would like to see offered at the Freedom I Fitness Center, give us a call! We are always looking for new and constructive ideas.

### INTERESTED IN TEACHING?

We are always looking for individuals to teach classes, be personal trainers or massage therapists! Please contact the Fitness Center Director or NCOIC.



## CONTACT US



Office  
(229) 257-1621



4851 Burrell St. Bldg. 404  
Moody AFB, GA 31699

Scan the QR code  
or visit our website

[www.moodyfss.com/fitness-center/](http://www.moodyfss.com/fitness-center/)



# FITNESS CENTER

## FACILITY INFORMATION

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The Moody AFB Freedom I Fitness Center provides unrivaled, world-class fitness and recreational opportunities for our military members, retirees and their families. We offer an aerobics room, cardio room, weight room, boxing room, racquetball courts, gymnasium, indoor running track, two outdoor running tracks, football/soccer field, two softball fields and tennis courts.

### AGE POLICY

**Ages 16 & Up:** Unrestricted use of the facilities.

**Ages 13 - 15:** May use cardio equipment and weight room with interactive supervision from a parent or legal guardian

**Ages 6 - 12:** May only use the basketball court, racquetball court and running track with interactive supervision from a parent or legal guardian

**Ages 5 & Under:** Access to the family room only. All children must stay in an enclosed play area and parents must remain with their children in the family room at all times.

For more information regarding age limitations and who may sponsor guests, please visit our webpage by using the link or qr code provided on the back of our pamphlet.



Yoga in the Air Park

## WHAT WE OFFER

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### CLASSES

We offer a variety of fitness classes held here on base Monday through Friday. Some of our classes include:

- Human Performance Fitness
- Krava Maga
- Family Boot Camp
- Yoga in the Air Park
- Physical Training Extreme

### SPORTS

The Freedom I Fitness Center offers four intramural sports and two extramural sports a year. Intramurals include basketball, softball, flag football and volleyball. Our extramurals include golf and bowling and require a minimal fee to participate. Contact your squadron sports representative for more information.

## SPECIAL EVENTS & INCENTIVE PROGRAMS

We offer multiple monthly special events and incentive programs to help keep our customers involved and motivated. Some of our events include 5Ks, sports tournaments, doggy dashes, squadron fitness challenges, weightlifting competitions and much more. Our incentive programs include running, swimming and lifting challenges.



## ADDITIONAL OFFERINGS

The Fitness Center also offers one-on-one or group personal training sessions and massage services for a nominal fee.

For more information on all that we offer, please visit our webpage, stop by the front desk or give us a call at (229) 257-1621.