

## Northside Fitness Center

### Hours of Operation

Mon-Thu	0500-2300
Friday	0500-2100
Sat-Sun	0800-2000
Goal/Family Days	0800-1700
Holidays	0800-1700

### Services:

- ◇ Micro-Fit Health and Fitness Assessments
- ◇ Massage Therapy Services
- ◇ Contracted Personal Trainers

## Hardstand Fitness Center

### Hours of Operation

Mon-Fri	0500-2100
Sat-Sun, Goal/Family, Holidays	Closed

### Micro-Fit Health and Fitness Assessment

Available by appointment only. Micro-fit is a state of the art health and fitness testing system that tests:

- Blood Pressure
- Heart Rate
- Body Fat Percentage
- Aerobic Output
- Flexibility
- Strength
- Overall Health

Like us on Facebook to find out any upcoming events!

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

## RAF Mildenhall Sports Schedule

### INTRAMURAL:

Flag Football	Sep-Nov
Basketball	Dec-Feb
Volleyball	Feb-Apr
Softball	May-Jul
Soccer	Jul-Sep

### EXTRAMURAL:

Indoor Soccer	Feb-Apr
Golf (RAF Lakenheath)	Apr-Sep
Bowling	Sep-May

## FACILITIES

### MAIN FITNESS CENTER (NORTHSIDE)

- 1 Basketball Court
- 2 Racquet Ball Courts
- 1 Cardio Room
- 1 Aerobics Room
- 1 Weight Room
- 1 Parent/Child Area  
(PCA)
- Men's Sauna

### HARDSTAND FITNESS CENTER (SOUTHSIDE)

- 1 Basketball Court
- Indoor Track
- 2 Racquet Ball  
Courts
- 1 Cardio Room
- 1 Weight Room
- 2 Aerobics Room
- Men's Sauna

## CUSTOMER ATTIRE

- ◇ Appropriate clothing must be worn to maintain a proper image in a military and family fitness facility.
- ◇ Athletic attire and athletic-type shoe must be worn in all activities and equipment areas.
- ◇ Court shoes with non-marking soles must be worn on all court and group exercise room floors.



Northside Fitness Center  
238-2349 | 01638 54 2349



Hardstand Fitness Center  
238-3735 | 01638 54 3735

<http://www.100fss.com/fitness.htm>

## AGE RESTRICTIONS

Per AFI 34-266

- ◇ Patrons 16 years of age and older have unrestricted use of the Fitness Center.
- ◇ Patrons 13-15 years of age have access to cardio and weight equipment, and group exercise rooms with interactive supervision from an adult.
- ◇ Patrons 6-12 years of age are prohibited from entering the cardio and weight rooms. Other areas required interactive supervision from parent, legal guardian, or youth program staff.
- ◇ Children under 6 years of age are permitted in the designated play area inside the PCA room for supervised play. Allowed to be a spectator for sports or special events under qualified adult interactive supervision.

## Fitness Classes Offered 2012

- Indoor Group Cycle
- Legs, Bums, & Tums
- Combat/ Circuit
- Cardio Kick
- Zumba
- Core Stability
- Yoga/Pilates

- Classes are free of charge, except Zumba, fees do apply.
  - Minimum of three participants required for class to take place.
  - No classes on: Holidays, and Goal/Family Days.
- \* - Held at the Hardstand Fitness Center**
- Zumba Fees:**  
**Single Class \$5.00**  
**5 Class Pass \$20.00**  
**10 Class Pass \$40.00**



Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0700	Indoor group cycle		*Indoor group cycle	Indoor group cycle			
0830						Indoor group cycle	
0930	Legs, Bums, & Tums		Legs, Bums, & Tums		Legs, Bums, & Tums		
1115		Core Stability		Core Stability			
1215	Combat/ circuit		Combat/ circuit		Combat/ circuit		
1715	*Cardio Kick		*Cardio Kick				
1730			ZUMBA				
1745		*Yoga/ Pilates		*Yoga/Pilates			

## MASSAGE THERAPISTS



Denise Shilling  
 07760-993605  
 Curly\_D7@hotmail.com  
 One Hour Session - \$50.00  
 Half Hour Session - \$35.00  
 Hour/Half Session - \$75.00



Gordon Riley  
 www.bookmymassage.co.uk  
 One Hour Session - \$50.00



Wendy Street  
 07968-330268  
 One Hour Session - \$50.00

## PERSONAL TRAINER



Bernell Thomas  
 07858500920  
 bernellthom@gmail.com  
 30 min. Session - \$17.50



Michael Draper  
 07522588723  
 mdpersonaltrainer@gmail.com  
 30 min. Session - \$17.50



Ryan Ellis  
 07879418059  
 30 min. Session - \$17.50