

NEW TO LRAFB? Quick look on a few things we offer...

Running Track

Tired of practicing for the PT test on the same track every day? Is Warfit track too busy when you want to get a practice run in? Try our certified Marshall Rd, 1.5 out and back track with new signs designating the start and finish line (near EOD and 34 CTS bldgs). Call 987-7716 for more information.

Fitness Assessments**

The Fitness Center offers Fitness Assessments to first term Airmen and all other Active Duty/ARC members to measure cardio respiratory fitness, muscular strength, muscular endurance, body composition, and flexibility. The assessment includes a 3 Minute Step, a 1 Minute Sit-up test, a 1 Minute Push-up test, a Sit and Reach test, a 1 Rep Max Bench and Leg Press, a waist measurement, and a skin fold measurement.**Assessments are offered by appointment only.

Equipment Orientation

Certified Fitness Staff members provide training on proper positioning and form for cardiovascular and strength machines. The staff member will give you a tour of the facility and answer any questions. Class lasts approximately 30 minutes and is limited to 10.

Certified Personal Trainers:

"Your wellness is my business" www.amtamembers.com/rachel

Work with a certified personal trainer and learn proper techniques to reshape your body from head to toe.

Fees:

- 1 hour session: \$30
- Four 1 hour sessions: \$90
- Eight 1 hour sessions: \$165
- Twelve 1 hour sessions: \$225

Running Club Incentive Program

This is an incentive program to keep you fit to fight. Running Club Goals: 200, 500, or 750 miles. Members may run outside or use the treadmill. Prizes awarded for each goal that is met.

175,000 Lifting Club Incentive

This is an incentive program to keep you fit to fight. Lifting Club Goals: Members may lift weights in the Fitness Center weight room. Participants must record how much weight they lift. Once 175,000 lbs is reached, participants receive the LRAFB 175,000 Lift Club T-shirt.

Mandatory Collar Use

Weight collars must be used at all times for free weights, regardless of the weight's size. This is mandatory and there are **NO EXCEPTIONS!**

Thank you for helping us ensure you have a safe workout.