

Intramural Sports

Basketball	16 Jan
Golf	12 Mar
Soccer	9 Apr
Softball	TBD
Cornhole	TBD
Volleyball	5 Aug
Tennis	19 Aug
Flag Football	24 Sep

Incentive Programs

Jan-Dec

Burn to Earn

Jan-Mar

Mission Slimpossible

May

F35 Atlas Challenge

June-July

1000/500 lb Club Challenge

Jun-Nov

Coast Masters Cardio Challenge

Panhandle

Group Classes

Indoor Cycling

Boot Camp

Yoga

Pilates

Zumba

TRX

See Aerobic Calendar for additional information

Studio Fitness On Demand

Wellbeats Kiosk

Premium Virtual Fitness Classes Available

See Fitness Center Staff for additional information

Open Space Workout Areas



LET US KNOW HOW WE'RE DOING

ICE

INTERACTIVE CUSTOMER EVALUATION

ICE.DISA.MIL

Tyndall

Fitness & Sports Center

850-283-2455



HOURS OF PERATION

FITNESS CENTER

Mon-Fri 5:00am-11:00pm

Family Days 8:30am-4:30pm

Sat-Sun-Holiday Unstaffed

After Hours Access Available During Unstaffed Hours

See Fitness Center Staff for Registration

OUTDOOR FITNESS PAD

Mon-Fri 5:00am-7:00pm

Family Days 8:30am-4:00pm

Sat-Sun-Holiday CLOSED

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

Outdoor Fitness Areas



Beacon Beach Fitness Trail



**ACS/AFNORTH
Fitness Pad**

**400 Meter Track
Football/Soccer Field**



**Main Track
Fitness Pad**

Annual Special Events

January

New Years Resolution 5k Futsal Tournament

February

Run For Your Heart 5k

March

3 Point Shoot Out Ultimate Frisbee

Pot O' Gold 5/10k

April

Dodgeball Tournament Airman's Day Events

May

Paddleboard Yoga Pickleball Tournament

June

Great Race

July

Futsal Tournament

August

Home Run Derby

September

Punt Pass & Kick Paddle Board Yoga

October

Airman's Day Events

Pickleball Tournament Zumbathon

November

3 on 3 Basketball Turkey Trot 5k

December

Dodgeball Tournament

Santa Run 5k

Cardio Equipment



Step Mills

Treadmills

Ellipticals

Concept 2 Rower

Sci Fit Stepper

Arc Trainer

Concept 2 SkiErg

Upright Cycles

Jacobs Ladder

Recumbent Cycle

HIIT Mill

Tecno Gym Wave

Sci Fit Total Body Ergometer

Free Weight
&
Cable
Machines



Full line of
Hammer
Strength
Plate Loaded

2 Life Fitness
Selector
kits

