

Intramural Sports

Basketball	Jan-Mar
Volleyball	Apr-May
Softball	June-Aug
Flag Football	Sep-Nov

Human Performance Center

- HEALTHY LIFESTYLE SUPPORT
- NUTRITION / HEALTHY EATING
- EXERCISE PHYSICAL ACTIVITY
- IN-BODY ASSESSMENTS
- TOBACCO FREE LIVING
- SLEEP OPTIMIZATION
- SUPPLEMENT SAFETY
- MINDFUL ALCOHOL USE

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

Dover AFB Fitness Center

Mon - Fri: 0500 - 2300

UTA Weekends: 0800 - 1200

Sat - Sun: 24 hr access available
only for registered ID holders

Fitness Center Front Desk

(302) 677-3962

Fitness Assessment Cell

Mon - Fri: 0700 - 1600

Human Performance Center

Mon - Fri: 0730 - 1630

Nutrition & Health

Promotion: (302) 677-3733

Recurring Events

- 5K FUN RUNS
- SPORTING EVENTS
- STRENGTH TRAINING SEMINARS & COMPETITIONS
- INCENTIVE PROGRAMS
- EQUIPMENT ORIENTATIONS
- GROUP EXERCISE CLASSES

PLEASE REFER TO OUR FRONT DESK STAFF
FOR MORE DETAILS



[/436FSSFitnessAndSportsCenter](https://www.facebook.com/436FSSFitnessAndSportsCenter)



Fitness Assessment Cell (FAC)

UFPM/PTL Training

First/Third Wednesday of every
month at 0900 or 1000

@ Human Performance Center
Sign-up thru Appointment Plus

Outdoor Facilities

- 1 Softball Field
- 2 Tennis Courts
- Basketball Court
- 400M/Quarter-mile Outdoor Running Track
- 1.5 Mile Park Track
- Battle Locker

Fitness and Sports Facilities

Dover Fitness Center

- Strength Training Equipment:
Selectorized Machines & Free Weights
- Cardio Equipment:
Elliptical, Treadmills, Upright & Recumbent Bikes, Stair Steppers
- Parent/Child Room:
Parents can exercise while supervising their children
- Basketball Court/Volleyball Court
- Aerobics Room
- Spin Room
- Racquetball Court
- Male/Female Locker Room w/sauna
- Lactation Room
- Free Wi-Fi

Age Limits

- 18 years or older: Can utilize 24/7 access. Unrestricted use of facilities and equipment
- 16-17 years: Use of facilities and equipment during staffed hours
- 13-15 years: Permitted in work out areas with adult supervision
- 6-12 years: Not permitted in work out areas. Allowed to utilize sporting courts with adult supervision
- Under 6 years: Only allowed in Parent/Child area with adult supervision

Class Schedule Sample

MON	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	90 XT	GYM or Track	Fitness Staff	FREE
0600-0700	SPIN	SPIN ROOM	MICHELLE MISKA	FREE
1200-1300	90 XT	GYM or Track	Fitness Staff	FREE
1700-1800	ZUMBA	GROUP X ROOM	NIKKI MEGERT	FREE
1800-1900	YOGA	GROUP X ROOM	JESSICA	FREE
TUES	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	90 XT	GYM	Fitness Staff	FREE
1200-1300	90 XT	GYM	Fitness Staff	FREE
1730-1830	WARRIOR FIT	FIT PAD	JOHN JR	FREE
WED	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	90 XT	TRACK	Fitness Staff	FREE
0600-0700	SPIN	SPIN ROOM	MICHELLE MISKA	FREE
1200-1300	90 XT	TRACK	Fitness Staff	FREE
1700-1800	ZUMBA	GROUP X ROOM	NIKKI MEGERT	FREE
1800-1900	YOGA	GROUP X ROOM	JESSICA	FREE
THURS	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	90 XT	GYM	Fitness Staff	FREE
1200-1300	90 XT	GYM	Fitness Staff	FREE
1700-1800	WARRIOR FIT	FIT PAD	JOHN JR	FREE
FRI	CLASS	LOCATION	INSTRUCTOR	FEE
0600-0700	90 XT	OUTSIDE FITNESS CTR	Fitness Staff	FREE
0600-0700	SPIN	SPIN ROOM	MICHELLE MISKA	FREE
1200-1300	90 XT	OUTSIDE FITNESS CTR	Fitness Staff	FREE

Schedule is subject to change.

Description of Classes

90 XT: FIP program designed to help personnel with their fitness assessment. Open to all personnel.

FIP: Fitness improvement program to promote better fitness assessment, insuring proper technique and form as well as endurance and strength targeted for members to improve their fitness assessment results.

Warrior Fitness: This class is designed for someone proficient in explosive movements who can maintain proper technique while training at a high intensity.

Spin: This class is an indoor cycling cardio workout set to music.

Zumba: An aerobic fitness session featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Yoga: This class incorporates postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and the body.

Pilates: Focuses on improving strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups.

Incentive Programs

- Iron Eagle Club
- Ultimate Competitor Challenge 2023
- Operation Slim Gym

Note: You MUST be on time for 90 XT or you will be turned away.