

YOU DON'T
GET WHAT YOU
WANT
YOU GET
WHAT YOU WORK
FOR

MATHIS FITNESS CENTER

PHONE: (325) 654-3242

LOCATION: Building 140

FOR MORE INFO VISIT:

gogoodfellow.com/fitness-center/






**OUTDOORS
FITNESS**



**17th
FORCE
SUPPORT SQUADRON**

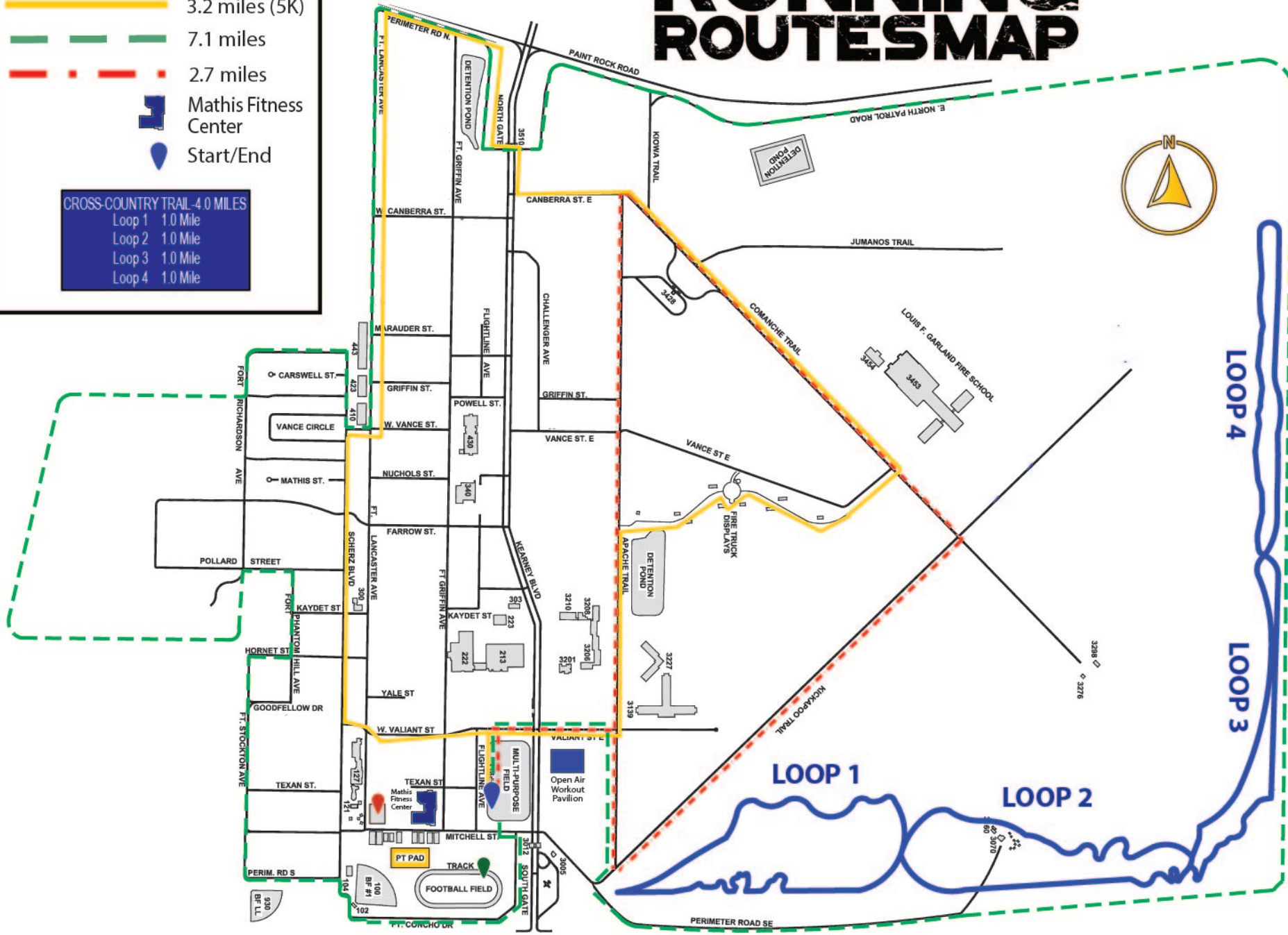
RUNNING ROUTES MAP

LEGEND

-  3.2 miles (5K)
-  7.1 miles
-  2.7 miles
-  Mathis Fitness Center
-  Start/End

CROSS-COUNTRY TRAIL-4.0 MILES

- Loop 1 1.0 Mile
- Loop 2 1.0 Mile
- Loop 3 1.0 Mile
- Loop 4 1.0 Mile



WATER STATIONS AVAILABLE ALONG PERIMETER ROUTE

OPEN-AIR FITNESS

Workout Pavilion

Beaver Fit Box & Cardio Equipment
(Off Kearney Blvd)
(Social Distance Friendly)

PT Pad

Tractor tires, pull-up bars

Running Track & Turf Field

The field and track has lights for your early morning or late evening workouts

Alpha Warrior Obstacle Course Rig & TRX Box

Training and obstacle fitness course for military and civilians (Outside Mathis)



Follow us on Facebook & Instagram @17FSSGOODFELLOW or on our website GoGoodfellow.com for fun videos and tutorials on our equipment

GO FOR A RUN, SCAN THE CODE!

