

ABOUT US

The Losano Fitness Center is centrally located and open to serve all base wide personnel and their families. The Fitness Center provides extended hours of operation, a variety of aerobics classes, state-of-the-art equipment, sports equipment rentals, and superior customer service.

INCENTIVE PROGRAMS

The Losano Fitness Center encourages increased base-wide fitness and healthy lifestyles through programs that offer positive incentives for reaching set milestones. Stop by the front desk to pick up a card, and track the number of miles/hours accomplished per activity, or ask the Fitness Center team to record your progress for you. Activities documented include swimming, running, biking, and aerobics. Once your fitness goals are achieved, return the card to the front desk to receive prizes.

MASSAGE THERAPY

Massages include Swedish, deep tissue, and hot stone. Call the Fitness Center to learn about this month's special.

THE FIT BAR

Located inside the Fitness Center, The Fit Bar offers food, beverages, and serves delicious Starbucks drinks. Use the dining area for meetings, studying, or as a place to hangout and talk.



LOSANO FITNESS CENTER

(830) 298-5251
Mitchell Blvd | BLDG 362
Mon-Thu: 0530-2200
Fri: 0530-2130
Sat: 0800-1600
Sun: CLOSED
Family Days: 1000-1600



47th Force Support Squadron
LaughlinFSS.com
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LOSANO FITNESS CENTER

FREE AEROBICS CLASSES, STATE-OF-THE-ART WEIGHT ROOMS, RACQUETBALL AND BASKETBALL COURTS, SAUNAS, AND EVEN AN INDOOR LAP POOL.



CLASSES

The Losano Fitness Center offers a variety of free classes during the week. The classes are available to all base personnel, and the instructors work hard to make each class fun and worthwhile. Contact the Fitness Center for the current class schedule. Types of classes include:

30-Minute Shred: Combines strength training, cardio, and ab workouts. The class focuses on shredding fat, defining muscle, and enhances overall health and athletic performance.

Cardio Mix: Combines non-stop cardio, step, and weights. Come prepared to sweat.

Yoga/Pilates: Incorporates asanas, mind-centering practices, stretching, relaxation and breathing techniques, and core strengthening techniques.

Zumba: Inspired by Latin dance, this class mixes body sculpting movements and easy-to-follow dance steps.

Spin: All classes are instructor choice; be ready to jump, climb, sprint, and sweat your way to a fabulous body.



FACILITY OFFERINGS

- weight rooms
- aerobics rooms
- indoor lap pool
- advanced fitness room
- two racquetball courts
- gymnasium
- indoor & outdoor track
- football field
- softball field
- Intramural Sports: Basketball, Softball, Volleyball, & Flag Football
- tennis court
- saunas
- stream rooms
- showers
- family room
- TRX Box
- Alpha Battle Rig
- treadwall
- Incentive program
- 24 hour access
- 5ks
- personal training



OUTDOOR RUNNING TRAIL:

