

PHONE NUMBERS

- 📞 Fitness Center: 723-2145
- 📞 FAC: 723-7216/7217
- 📞 Outdoor Recreation: 723-3648

HOURS

Authorized Users have 24/7 Code Access to
McAdoo Fitness Center

Fitness Center Staff (723-2145)

Hours of Operation

Monday-Friday: 0600-2100

Saturday, Sunday, & Holidays: 0800-1600



AUTHORIZED USERS

- ✔ Active Duty
- ✔ Family members with valid Military I.D.
- ✔ One guest per I.D. holder
- ✔ Retired Military
- ✔ You must be 16 years old to sign yourself in
- ✔ 18 years old to sign in a guest



MCADOO 24/7 FITNESS CENTER

Building 455
220 Tanker Trail
Minot, ND 58705



Like Us on Facebook
McAdoo Sports and Fitness Center



MINOT AIR FORCE BASE
FORCE SUPPORT SQUADRON

www.5thForceSupport.com

Updated Jan 2017

FREE PROGRAMS



- 5 Incentive Programs
- Group Fitness Classes
- Group Cycling Classes
- Intramural Sports
- Iron Airman Challenges
- Jui Jitsu
- Running Clinic
- Special Events
- Varsity Sports
- Warbird Tactical Fitness
- Wellbeats
- Yoga

ANNUAL INTRAMURAL SPORTS PROGRAMS

- Basketball: November - March
- Flag Football: August - October
- Golf: June - August
- Indoor Soccer: TBD
- Innertube Water Polo: Winter Months
- Lacross: TBD
- Outdoor Soccer: June - August
- Softball: June - August
- Swim: TBD
- Volleyball: March - May



AEROBICS/GROUP FITNESS CLASSES

All aerobics classes are free. See schedule posted at front desk or at www.5thForceSupport.com

FACILITIES

- 18ft Climbing/Bouldering Wall
- Daily Use Lockers
- Family Workout Room
- Indoor Running Track 1/8 mile
- 2 Racquetball Courts/Walleyball
- 8 Specialized Training Areas



FITNESS OPPORTUNITIES

- Group Fitness Classes at the McAdoo Fitness Center (Calendar available Online and at the front desk).
- Intro to Fitness Equipment: Learn how to properly use your fitness center equipment. Call for appointment. 723-2145

FITNESS SPECIALISTS/ TRAINERS

Certified Fitness Specialists/Trainers (by appointment only) are available to assist patrons in the areas of weight loss, exercise planning, weight training, lifestyle assessment, beginning exercise techniques, nutrition analysis and stress management.

Fees vary according to the program desired.

Open to all authorized patrons 18 years and older.
Call 723-2145 for more information.



EQUIPMENT



CARDIO

- Cross Trainers
- Ellipticals
- Jacobs Ladder
- Rowers/Ski-ergs
- Stairmills
- Treadmills

STRENGTH

- Free Weights
- Hammer Strength
- Selectorized Machines

OTHER HOURS

Fitness Assessment Cell - FAC (723-7216/7217)

Hours of Operation

Monday: 1000-1900

Tuesday-Thursday: 0730-1630

Contact your UFPM for your AFFT

Aquatics - Outdoor Recreation (723-3648)

25m Indoor Pool - Hours of Operation

Winter Hours

Monday-Friday: 0600-0900 (Lap Swim Only)

Monday-Thursday: 1100-1300 (Lap Swim Only)

Tuesday, Thursday: 1600-1900 (Lap Swim Only)

Open Rec Swim - Friday: 1600-1800 and Saturday: 1200-1500

Summer Hours

Monday & Wednesday: 0600-0800 (Lap Swim Only)

Pool Party Hours

Friday: 1800-2000 and Saturday: 1000-1200 or 1500-1700
Reserve your Pool Party through Outdoor Recreation (723-3648)

Aquatics - Outdoor Recreation (723-3388)

Outdoor Pool - Hours of Operation

Winter Hours

Closed During the Winter

Summer Hours (June - Aug)

Monday-Friday: 1100-1800 (With Lap Swim Option)

Saturday & Sunday: 1200-1900

BE FIT TO FIGHT!