

CONTACT US:

- 📞 Fitness Center: 723-2145
 - 📞 FAC: 723-7216/7217
 - 📞 Outdoor Recreation: 723-3648
 - 📞 Indoor Pool: 723-3648
 - 📞 Sports Director: 723-7996
- Email: 5 FSS Fitness@us.af.mil

AUTHORIZED USERS

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

HOURS

**MAFB Users Ages 18+ are authorized
24/7 Access and must be enrolled at
Fitness Center Front Desk.**

Hours of Operation

**Monday-Friday: 0500-2100
Saturday & Sunday: 0800-1600**

**Federal Holidays &
Down Days: 24/7 Access**



AF SERVICES
***Fitness
& Sports***

**MCADOO FITNESS &
SPORTS CENTER**

FITNESS ACCESS 24/7

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 October 2020

FREE PROGRAMS

- Incentive Programs
- Group Fitness Classes
- Special Events
- Intramural Sports
- Iron Airman Challenge
- Wellbeats



ANNUAL INTRAMURAL SPORTS PROGRAMS

- Indoor Soccer OCT - DEC
- Basketball JAN - MAR
- Volleyball MAR - MAY
- Softball MAY - JUL
- Outdoor Soccer JUL - AUG
- Flag Football AUG - OCT

ANNUAL EXTRAMURAL SPORTS PROGRAMS

- Golf JUN - AUG
- Bowling OCT - DEC



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
- Male/Female Steam Rooms
- Meditation Room with Massage Chair
- Daily Use Lockers
- Family Workout Room
- Indoor Running Track 1/8 mile
- Racquetball & Walleyball Courts
- Specialized Training Areas
- Group Fitness with Indoor Cycling



EQUIPMENT

CARDIO

- Cross Trainers
- Ellipticals
- Jacobs Ladder
- Rowing Machines
- Stairmills
- Treadmills
- Spin Bikes
- Krank Cycles

STRENGTH

- Free Weights
- Hammer Strength
- Selectorized Machines

TACTICAL FITNESS

- Tactical Fitness Locker
- Alpha Warrior Battle Rig
- TRX

CERTIFIED FITNESS SPECIALIST/ TRAINERS

Certified Fitness Specialist on staff provides customer equipment orientation, assists with creating workout plans, and conducts fitness assessments to gauge customers' flexibility, cardio, and muscular strength.

Personal Trainers (by appointment) 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. Individual and group sessions are available for a fee.

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



FITNESS OPPORTUNITIES



- **Intro to Fitness Equipment:** Learn how to properly use your fitness center equipment. Call for appointment.
- **McAdoo offers fitness facility tours and equipment orientations:** call to set up an appointment or stop by the front desk. Our Mission is to be a premier Health and Fitness Center offering innovative equipment and programs centered on the whole health and well-being of our community.

OTHER HOURS

FITNESS ASSESSMENT CELL - FAC (723-7216/7217)*

FAC Office Hours of Operation: Mon-Fri 0730-1630

FAC Office closed the last 2 duty days of the month for admin, and the first duty day of the month for training

Official Testing Times: Mon-Thurs: 0800-0900, 1000-1100

Friday: 0800 - Walkers Only

Friday: 1000-1200 - Walk-ins for Aerobic Exemptions Only

Use this link to schedule your Fitness Assessment

<https://usaf.dps.mil/teams/Minot/fitness/SitePages/Home.aspx>

AQUATICS - OUTDOOR RECREATION (723-3648)

25M INDOOR POOL - HOURS OF OPERATION*

Winter Hours

LAP SWIM:

Monday, Wednesday, Friday: 0500-0900 & 1500-1800

Tuesday & Thursday: 0500-0900

OPEN SWIM:

Saturday: 1000-1500

Summer Hours

CLOSED FOR THE SEASON

OUTDOOR POOL - HOURS OF OPERATION*

Winter Hours

CLOSED FOR THE SEASON

Summer Hours (June - Aug)

HOURS TO BE DETERMINED

Call MAFB Outdoor Recreation for Details

** HOURS ARE SUBJECT TO CHANGE **

BE FIT TO FIGHT!