

## 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**

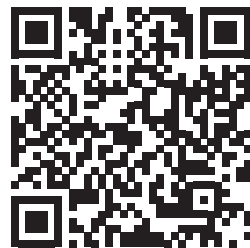


Like Us on Facebook  
McAdoo Sports and Fitness Center

# HOURS

**Federal Holidays &  
Down Days: 24/7 Access**  
**Please scan the QR code below  
or visit**

**5thforcesupport.com/mcadoo-fitness-center/  
to see our current hours**



# MCADOO FITNESS & SPORTS CENTER

**FITNESS ACCESS 24/7**



## AUTHORIZED USERS

**Active Duty**

**Family members with valid Dependent 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**

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

Updated April 2024



www.5thForceSupport.com



## FREE PROGRAMS

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

## ANNUAL INTRAMURAL SPORTS PROGRAMS

- Indoor Soccer
- Basketball
- Volleyball
- Softball
- Outdoor Soccer
- Flag Football

SEASON DATES TENTATIVE

## ANNUAL EXTRAMURAL SPORTS PROGRAMS

- Golf JUN - AUG
- Bowling OCT - DEC
- Curling DEC - MAR

## AEROBICS/GROUP FITNESS CLASSES

All aerobics classes are free. See schedule posted at front desk or at [www.5thForceSupport.com](http://www.5thForceSupport.com)

**BE FIT TO FIGHT!**

## FACILITIES

- 18ft Climbing/Bouldering Wall
- Massage Therapy
- Personal Trainers
- Male/Female Saunas
- 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

### STRENGTH

- Free Weights
- Selectorized Machines

### TACTICAL FITNESS

- Tactical Fitness Locker
- 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.

## FITNESS OPPORTUNITIES

- Fitness Improvement program (FIP)  
Run by health promotions  
Monday - Thursday 0600-0700, 1100-1200
- 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 training. Official Testing Times: Tuesday & Thurs: 0800-0900, 0930-1030, 1500-1600 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

Scan the QR code below or visit  
<https://5thforcesupport.com/aquatics/>



\*\* HOURS ARE SUBJECT TO CHANGE \*\*  
Call Outdoor Recreation for more details