

## Contact Information & Hours of Operation

### EGLIN FITNESS CENTER

404 Wicker Circle, Bldg. 810  
Eglin AFB FL, 32542  
Phone #: (850) 882-6223  
Fax #: 883-1682

#### HOURS OF OPERATION:

Mon-Fri, 5 am-8 pm  
Sat-Sun, 8 am-5 pm  
Holidays, Closed

### LIGHTNING FITNESS CENTER

Griffin Way, Bldg. 1325 (Off Nomad Way - 33 FW)  
Eglin AFB FL, 32542  
Tel. (850) 883-6816

#### HOURS OF OPERATION:

Mon-Fri, 5-8 pm  
Sat-Sun, 8 am-5 pm  
Holidays, Closed

### EGLIN FIELD HOUSE

Eglin Blvd, Bldg. 741 (Track & Sports complex)  
Eglin AFB FL, 32542

#### HOURS OF OPERATION:

Mon-Fri, 5 am-8 pm  
Closed Weekends, Family Days & Holidays

### FITNESS ASSESSMENT CELL

Bldg. 2398  
Across from Unity Park  
Eglin AFB FL, 32542  
Tel. (850) 882-9260

#### HOURS OF OPERATION:

May - September  
Mon-Fri, 5 am-1 pm  
October - April  
Mon-Fri, 7 am-3 pm  
Closed Weekends, Family Days & Holidays

## Squadron PT/ Group Exercise Reservations:

Squadron allowed up to 2 hours per week of floor or room time.

All leagues, tournaments, and special events sponsored by the Eglin Fitness Center will have priority on the courts/fields at all times.

## Approved Running Trails

(See Fitness Website for maps of all approved running trails)

<http://eglinlife.com/fitness>

## Services

Personal Trainer

Bruce Jolly (850) 855-9320

Maria Morales (787) 949-2800

Must use "Request for Special Events/Use of Fields" form to reserve. Request must be submitted NLT 1 week prior.

## Softball & Soccer Fields:

Three Softball Fields

Two Soccer Fields

DEPARTMENT OF THE AIR FORCE



**FITNESS & SPORTS**

**EGLINLife**.COM  
96th FORCE SUPPORT SQ



**Eglin Fitness  
Center**



**850-882-6223**

EGLIN AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

# Main Fitness Center Bldg 810

## Gym #1: Basketball/Volleyball Court/Pickle Ball Court

Designated free play time:  
Mon-Fri, 11 am-1 pm  
Sat-Sun, 10 am-2 pm

## Gym #2: Multipurpose Room / Cardio Area

Elliptical Machines, Arc Trainers, Precor, Treadmills, Exercise Bikes, & Stepmill. Most with LED Screens and Cable. Row machines, Hand Bikes, Plate Loaded Equipment, Cable Cross Over & Dumbbells

## Circuit Fit Room

(Row Machines, Power Squat Racks, Kettle Bell Station, Deadlift Station and TRX)

Upper Body Weight Rooms • Stretching Room

Spin Room • Male & Female Locker Rooms • Saunas

Parent/Child Exercise Area • Multipurpose Room • Selectorized Machines

## Racquetball Courts

Open Play, with 1 hour playing time, is first come, first serve.

Racquetball Challenge Court times:

11 am-1 pm: All Courts

4 pm-6 pm: Court 3 only

Challenge Court Rules apply when players are waiting.

### Racquetball Rules:

1. Patrons must wear proper gear (eye protection, correct racquets, court shoes, etc.)
2. Youth must be 16 years old. 15 and under must be accompanied by a parent/guardian or youth staff member

## Tennis Courts

Six tennis Courts located near the East Gate next to the Auto Hobby Shop

# Lightning Fitness Satelite Facility

Bldg 1325

Male & Female Locker Rooms with Daily Use Lockers, Treadmills, Elliptical Machines, Exercise Bikes, Bio Dex Machines, Row Machines, Stepmill Selectorized and Plate-Loaded Equipment

## Field House

Bldg 741

Male & Female Locker Rooms & Showers (Open 24 hours Everyday)

Selectorized Weight Room and Cardio Room with Dumbbells (5-50lbs)

# Physical Training Center

Bldg 720

Pain management Class

Taught by the 96 Med Group

12 pm - 3 pm • Monday-Friday

For Reservations and more

Class Schedules visit:

[eglinlife.com/fitness](http://eglinlife.com/fitness)