

Offutt Field House

294-5413 | <http://offutt55fss.com/offutt-field-house>

Free Classes

INSANITY LIVE!

INSANITY LIVE!
(STRENGTH & CARDIO) Mon, Wed: 5:30 p.m., 1 Hr. (Volunteer Instructor)

A FREE instructor-led group exercise class to great music. Modifications make this high intensity interval training program accessible to everyone. Bring water and a towel. Fitness Guru Shaun T's popular Insanity DVDs are also available for personal use when the Aerobics Room is not in use.

MIXED-FIT

(CARDIO) Tues & Thurs: 5:45 p.m., 1 Hr. (Volunteer Instructor)

This new people inspired dance fitness program blends explosive dance moves with boot camp toning. This hot new program is trending on both the East and West Coasts.

MAXFIT

(STRENGTH & CARDIO) Mon, Wed & Fri: 11:15 a.m., 1 Hr.

An ultimate fit class all about strength and stamina. This exciting, high energy class focuses on upper body strength, endurance, flexibility and conditioning of core muscles.

FIT YOGA

Tues & Thurs: 7 a.m., 1 Hr.

Wed 4 p.m., 1 Hr.

Fit Yoga is a total body workout for all fitness and yoga levels. This high energy, 60-minute flow class tones muscles as it builds flexibility and stamina. Bring water and a yoga mat if you have one. Fit yoga is an accessible way to increase flexibility while also getting a workout.

INDOOR CYCLING

(CARDIO) Mon, Wed & Fri: 5:45 a.m., 45 Min.

Tues & Thurs: 11:30 a.m. & 5 p.m., 45 Min.

Sat: 9 a.m., 45 Min.

Not your ordinary bicycle ride. This class burns serious calories and offers an awesome aerobic workout. Anyone can finish a spin class regardless of their current fitness level.

OFFUTT RUN CLINIC

(CARDIO) Mon, Wed & Fri: 5 p.m., 1 Hr. (Training Days)

Tues & Thurs: 5 p.m., 1 Hr. (Fun Runs) (Volunteer Instructor)

Group meets at old Juice Bar. Run with friends and improve your PT performance.

TOTAL BODY

(STRENGTH) Tues, Thurs: 11:15a.m., 1 Hr.

An ultimate fit class all about strength and stamina. This exciting, high energy class focuses on total body strength, endurance, flexibility and conditioning of core muscles.

Combatives

All classes are located at the north end of the Field House in the Tactical Training Area

JUDO

Tues & Thurs: 6 p.m. (Adults), Sat: 10 a.m. (Youth)

Instructor: Judy Williams (402) 658-6223 and Lynn Schneiderman

Additional Classes / Services

FITNESS KIOSK

The kiosk is located in the Aerobics Room and has a variety of videos customers can choose from. Class categories include kick-boxing, yoga, hip-hop, cardio and more. Each video has interactive instructions and ranges from 20 to 60 minutes. The kiosk also allows you to create a profile and store your info for tracking progress and quicker service.

MASSAGE THERAPY

Massage therapy is available through the Field House to assist customers recovering from workouts or relaxing after a hard day.

Provider: Janice Alderson (402) 203-4236

Provider: Deborah Wilson (402) 921-0524

PERSONAL TRAINERS

Our personal trainers provide one-on-one training and consultation to help you attain your fitness goals.

Provider: Seth Jones (952) 388-4683

Paid Classes

MOMMY & ME

(STRENGTH) Mon - Thurs: 9 a.m., 1 Hr.

A high-intensity boot camp-style class for women and children of all ages. It incorporates resistance, strength, cardiovascular and body-weight exercises for the most effective results. An initial two day trial of this class is offered free of charge. Cost is \$20 per month.

TENNIS LESSONS

Lessons are available by appointment

Instructor: Bill Batchelor (402) 292-4366

FITNESS BOOT CAMP

(STRENGTH) Mon, Wed & Fri: 5 a.m. & 5 p.m. 1 Hr.

An eight week high-intensity boot camp-style workout program that encompasses full body exercises. Cost is \$100. Sign up at the Front Desk.

Provider: Julia Johnson (402) 320-8880

Facebook: Offutt Bootcamp

Hours of Operation

Field House

Mon - Fri: 4:30 a.m. - 10:30 p.m. | Sat - Sun: 8 a.m. - 8 p.m.
Holidays & Down Days: 8 a.m. - 6 p.m.

Indoor Pool

Mon - Fri: 6 - 1 p.m., 3 - 6 p.m. | Sat - Sun: 9 a.m. - 3 p.m.
Holidays & Down Days: Closed

Aug Calendar & Events

Follow "Offutt 55 FSS" on Facebook to stay informed about Field House news and events

CARDBOARD REGATTA BOAT RACE

On Aug. 11 the Field House is holding their 2nd Annual Cardboard Boat Regatta! Squadrons can sign up at the front desk to enter. All cardboard & tools are provided. Building begins at 2 p.m. and racing starts at 3 p.m. Everyone can build only two can race! Sign up by Aug. 8.

SOLAR ECLIPSE 5K RUN

Witness the solar eclipse on the Parade Grounds! This is a truly rare event. The next solar eclipses won't occur in the U.S. until 2024 and 2045! Check-in begins at 10:30 a.m. on Aug. 21 and the run starts at 11 a.m. The first 100 to check in will receive free eclipse viewing glasses. The eclipse begins at 11:38 a.m. and will reach maximum coverage at 1:04 p.m. Register for free at <https://offutteclipsesun.eventbrite.com>

Legend: Green = Cardio, Red = Strength & Cardio, Blue = Strength, (P) = Paid Class, * = FIP Class, ** = Special Event

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|---|--|-----|
| | | 1 NO CLASSES DUE TO C.A.R.E. EVENTS | 2 NO CLASSES DUE TO C.A.R.E. EVENTS | 3 NO CLASSES DUE TO C.A.R.E. EVENTS | 4 NO CLASSES DUE TO C.A.R.E. EVENTS | 5 |
| 6 | 7 5:45a Indoor Cycling* 9a Mommy & Me (P) 11:15a MaxFit* 5a/5p Fitness Bt Camp* 5p Run Clinic 5:30p Insanity Live | 8 7a Fit Yoga 9a Mommy & Me (P) 11:15a Total Body* 11:30a/5p Indoor Cycling* 5:45p Mixed Fit **4p Top Tier Relay | 9 5:45a Indoor Cycling* 9a Mommy & Me (P) 11:15a MaxFit* 4p Fit Yoga** 5a/5p Fitness Bt Camp* 5p Run Clinic 5:30 pm Insanity Live | 10 7a Fit Yoga 9a Mommy & Me (P) 11:15a Total Body*11:30a/5p Indoor Cycling* 5:45p Mixed Fit | 11 5:45a Indoor Cycling* 9a Mommy & Me (P) 11:15a MaxFit* 5a/5p Fitness Bt Camp* 5p Run Clinic <u>CARDBOARD BOAT REGATTA**</u> | 12 |
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