

Offutt Field House

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

Free Classes

FIT TO FIGHT

(STRENGTH & CARDIO) Mon-Thurs: 7:30 a.m., 3:30p.m., 7 p.m., 1 Hr.

Fit to Fight is designed to help you pass your PT test with flying colors. Sign-ups for fall classes are now open. Classes are held Monday – Thursday. Morning classes will be held at 7:30 a.m., Afternoon classes at 3:30 p.m. and evening classes at 7 p.m. Visit the front desk or call 294-5413 to register.

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: 7:00 a.m. And Wed 4:00 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.

Come see the new REAL RYDER bikes & upgrades to the spin room! 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 GROUP

(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

Paid Classes

FITNESS BOOT CAMP

(STRENGTH) Mon-Fri 5 a.m., 11 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

Additional Classes / Services

TENNIS LESSONS

Lessons are available by appointment

Instructors:

Bill Batchelor (402) 292-4366

Larry Copeland (402) 216-5595

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

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

November Calendar & Events

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

OFFIT GLOW PARTY

Join us for a great sweat as workout meets party! This fitness program blends explosive dance moves with boot camp toning while the lights are down and the music is pumping! Glow items will be provided but attendees are encouraged to dress the part and bring their own. Sign up for this FREE event at <https://offuttglowparty.eventbrite.com>

TURKEY TROT FUN RUN

Join us for a little fall fun as we strut our stuff before we get stuffed. This 5K run is open to all age groups. Runners have a chance to win a turkey! Check-in is at 3 p.m. and the run begins at 3:30 p.m. Register for this FREE event at <https://offuttturkeytrot.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 5a/11a/5p Fitness Bt Camp* 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic	2 5a/11a/5p Fitness Bt Camp* 6a TacFit 7a Fit Yoga 11:15a Total Body* 11:30a/5p Indoor Cycling* 5:45p Mixed Fit	3 5a/11a/5p Fitness Bt Camp* 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 5p Run Clinic	4
5	6 5a/11a/5p Fitness Bt Camp* 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 5p Run Clinic	7 5a/11a/5p Fitness Bt Camp* 6a TacFit 7a Fit Yoga 11:15a Total Body* 11:30a/5p Indoor Cycling* 5:45p Mixed Fit	8 5a/11a/5p Fitness Bt Camp* 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic	9 5a/11a/5p Fitness Bt Camp* 6a TacFit 7a Fit Yoga 11:15a Total Body* 11:30a/5p Indoor Cycling* 5:45p Mixed Fit	10 NO CLASSES HONORING VETERANS DAY HOLIDAY HOURS	11
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