

Offutt Field House

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

Free Classes

FIT TO FIGHT

(STRENGTH & CARDIO) Mon-Thurs: 7:00 a.m. and 4:00 p.m., 1 Hr.

Fit to Fight is designed to help you pass your PT test with flying colors. Classes are held Monday – Thursday. Morning classes will be held at 7:00 a.m., Afternoon classes at 4:00 pm. Next classes start on 14 May 2018. Visit the front desk or call 294-5413 to register.

MIXED-FIT

(CARDIO) Tues, Wed, Thurs: 5:45 p.m., 1 Hr. (Volunteer Instructors)

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 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. Wed 4:00 p.m., 1 Hr. (Volunteer Instructor)

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.

Exercise on the new REAL RYDER bikes that can tilt to your desired position! 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. (Volunteer Instructors)

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.

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.

STEP

(CARDIO) Fri, 11: 15 a. m., 1 Hr.

A high-energy formatted class utilizing step patterns and interval training. Class is suitable for beginners but continues to challenge as you become an expert.

TACFIT

(STRENGTH & CARDIO) Mon-Fri, 6 a.m., 1 Hr. (Volunteer Instructors)

Class Taught by level 1 certified trainers offering a constantly varied, functional fitness plan performed at high intensity focusing on a broad spectrum of exercises.

Paid Classes / Services

TENNIS LESSONS

Lessons are available by appointment

Instructor: Bill Batchelor (402) 292-4366

Instructor: Larry Copeland (402) 216-5595

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

JUDO

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

The judo class is located at the north end of the Field House in the Tactical training area.

Instructor: Judy Williams (402) 658-6223

Instructor: Lynn Schneiderman

PERSONAL TRAINERS

Personal trainers are available through the Field House.

Provider: Cheryl Riggs (402) 214-7694

Provider: Demetria Geraldts (402) 689-8132

Hours of Operation

Field House

Mon - Fri: 4:30 a.m. - 10:00 p.m. | Sat - Sun: 8 a.m. - 6 p.m.
Holidays & Down Days: 8 a.m. - 6 p.m.

Indoor Pool

Mon, Weds, and Thurs: 3 - 6 p.m. | Tues: 9:30 a.m.-1 p.m.
Fri: 6 a.m.-1 p.m. & 3-6 p.m. | Sat - Sun: 9 a.m. - 3 p.m.
Holidays & Down Days: Closed



May Calendar & Events

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

GET OFFIT SWIM FIT

It's not too late to join the Spring Fling seasonal challenge! Log 30 miles during the swim season to win swim gear and your picture on our Field House board. Monday and Friday are double lap days.

GET OFFIT STEP IT UP

Get OffFit Step It Up Walking Weekends Challenge kicked off on April 29th. Get out and enjoy the nicer weather on Saturday and Sunday and get closer to your weekend goal of 12,000 steps per day. Get an extra 6,000 steps added to your total!

Legend: Green = Cardio, Red = Strength & Cardio, Blue = Strength, * = FIP Class, ** = Special Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	2 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic 5:45p Mixed Fit	3 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a Indoor Cycling* 5p Indoor Cycling* 5:45p Mixed Fit	4 5:45a Indoor Cycling* 6a TacFit 11:15a Step* 5p Run Clinic 7p-9p Hip-Hop	5
6	7 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 5p Run Clinic	8 6a TacFit 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	9 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic 5:45p Mixed Fit	10 6a TacFit 7a Fit Yoga 11:15a Total Body* 11:30a Indoor Cycling* 5p Indoor Cycling* 5:45p Mixed Fit	11 5:45a Indoor Cycling* 6a TacFit 11:15a Step* 5p Run Clinic 5:30p Soccer Tourney** 7p-9p Hip Hop	12
13	14 5:45a Indoor Cycling* 6a TacFit 7a/4p Fit to Fight* 11:15a MaxFit* 5p Run Clinic	15 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	16 5:45a Indoor Cycling* 6a TacFit 7a/4p Fit to Fight* 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic 5:45p Mixed Fit	17 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	18 5:45a Indoor Cycling* 6a TacFit 11:15a Step* 5p Run Clinic 7p-9p Hip Hop	19
20	21 5:45a Indoor Cycling* 6a TacFit 7a/4p Fit to Fight* 11:15a MaxFit* 5p Run Clinic	22 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	23 5:45a Indoor Cycling* 6a TacFit 7a/4p Fit to Fight* 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic 5:45p Mixed Fit	24 6a TacFit 7a Fit Yoga 7a/4p Fit to Fight* 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	25 MEMORIAL DAY HOLIDAY HOURS	26
27	28 MEMORIAL HOLIDAY HOURS	29 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a indoor cycling* 5p Indoor Cycling* 5:45p Mixed Fit	30 5:45a Indoor Cycling* 6a TacFit 11:15a MaxFit* 4p Fit Yoga 5p Run Clinic 5:45p Mixed Fit/Glow Party**	31 6a TacFit 7a/4p Fit to Fight* 7a Fit Yoga 11:15a Total Body* 11:30a Indoor Cycling* 5p Indoor Cycling* 5:45p Mixed Fit		