

# *Fitness Center Programs & Options*

## *Fitness Assessment*

A Microfit Assessment is a complete fitness assessment that determines your risk for cardiovascular disease, while measuring body fat, strength, flexibility and cardiovascular fitness. The Fitness Center's Specialist takes the results, coupled with your preferences as well as wellness goals, and makes recommendations to help patrons help reach their goals. Call (580) 213-5049 for an appointment today.

## *Fitness Challenge*

Sign-up for FitLinxx and begin participating in the new Fitness Challenge programs. Active duty sign up for FitLinxx by contacting UFPM or PTL. Spouses and retirees please sign up at the Fitness Center Front Desk.

## *Run/Walk Club*

This self-paced program is geared for all ages and fitness abilities. Record the mileage you accomplish by entering the data on a card located at the main desk of the Fitness Center.

## *AF Cycle Incentive*

A mileage-based incentive system that offers cycling accessories as riders reach established cumulative distance tiers. Participants earn mileage credit for participation in both indoor stationary and outdoor cycling, based on types and duration of activity. Participants can log their mileage and submit it to the Fitness Center to receive a prize for the level attained.

## *Climb the World*

Authorized Fitness Center patrons may use the rotating climbing wall or exercise steppers to climb well-known landmarks, such as the Eiffel Tower, El Capitan and Mt. Everest. Participate at your own pace and record the feet climbed by logging it on a special card at the issue desk. When levels are completed, certificates are presented.