

Vance Air Force Base

BRADLEY FITNESS & SPORTS CENTER



Fitness Programs

CrossFit: The Fitness Center has equipment for CrossFit, a principal strength and conditioning program that delivers a fitness that is broad, general and inclusive. The program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. Please see the Fitness Center front desk for more information.

Self-Directed Fitness Program: Take part in self-directed, informal and unscheduled sports activities with the least amount of supervision, including tennis, jogging, swimming, cycling, bowling, walking, racquetball and weightlifting.

Microfit Evaluation: The Fitness Specialist will perform a Microfit computer fitness evaluation and prescribe an exercise program to help patrons reach their fitness goals. The assessment determines risk for cardiovascular disease, while measuring body fat, strength, flexibility and cardiovascular fitness. Call 213-5049 for an appointment.

Exercise Incentive Programs

The Fitness Center offers various incentive-based exercise programs. Contact the HAWC at 213-7968 or visit the Fitness Center front desk for further information.

Fitness Challenge: A quarterly program designed to award points and prizes for various exercises.

Run Club and Walk Club: Encourage exercise by running and walking. Awards are given as various levels are completed.

AF Cycling Incentive Program: A mileage-based 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 type and duration of activity. Participants log their mileage and submit it to the Fitness Center.

Climb the World: A self-paced program designed for participants of all ages and fitness ability. Authorized participants of the Fitness Center may use exercise steppers inside the facility. Each participant has the opportunity to climb 15 well-known objects such as the Eiffel Tower or Mt. Everest. The participant records, at their own pace, the feet they climb by manually logging in on special cards located at the Fitness Center front desk. A certificate is awarded as levels are reached.

Sports

Core Sports: Basketball, softball, flag football and volleyball. See the Fitness Center front desk for details.

Intramural Sports: An organized sports competition (team and individual) developed to meet the needs of all personnel at all skill levels. Squadrons compete year-round in different sports to capture the Commander's Trophy Point award. Participation is limited to active duty personnel assigned to Vance AFB. (Dependents, retired military, civil service, NAF, DAF and permanent contractor personnel may participate on a space available basis).

Extramural Sports: An organized competition for personnel in other recreational sporting leagues including tennis (singles/doubles), bowling, racquetball (singles/doubles), Commander's 5K challenge and golf.

Varsity Sports: For Air Force personnel with accelerated sporting skills in men and women's softball, basketball, flag football and soccer.

Air Force Sports: Air Force training camps and world championships are offered for the advanced athlete. Contact the Fitness Center Manager for more information.



Indoor Fitness Areas

Cardiovascular Room: Includes Lifefitness treadmills, upright bikes, recumbent bikes, cross trainers, steppers, Versa climber, airdyne rowers, AB benches and a Precor stretch trainer and "Broadcast Vision" cardio entertainment system.

Selectorized Strength Training Room: "Body Masters" selectorized strength equipment

Free Weight Room: "Hammer Strength" plate loaded machines, Hack squat, Smith machine, power rack, Olympic benches, utility benches and dumbbell sets

Boxing Exercise Room: Heavy bag and speed bag

Aerobics Exercise Room: Aerobics stereo, steps, mats, video tapes, spin bikes, TV, DVD player and standing exercise bags

Parent/Child Fitness Room (Located in Racquetball Court #1): Find the comfort and ease of working out while watching your child. The room includes a recumbent bike, upright lifecycle bike, treadmill and cross trainer. Must have line of sight supervision all the time.

Racquetball Courts:

Three racquetball courts may be reserved one day in advance or first-come, first-served. Court reservations are for one hour and available on the hour or half hour. Two courts are set for Volleyball play. Racquets, eye protection and balls are available for check-out from the Fitness Center front desk.



Basketball / Volleyball Court: Open-court play except when reserved for Squadron PT, intramural games or special activities. Squadrons and intramural teams may reserve the regulation-size basketball and volleyball court, per IAW Fitness Center reservation policies.

Outdoor Fitness Areas

Tennis Courts: Four courts are located next to the running track, available on a first-come, first-served basis, and they are lit for night play. One-hour time limit if other customers are waiting. Racquets and balls are available at the Fitness Center front desk.

Running Track: A one-quarter mile, rubber-surfaced track is located behind the Fitness Center and is lit for night play. (The last user should ensure lights are turned off.)

Multi-Purpose Court: A basketball and volleyball court is located next to the tennis courts behind the main gym. Lit for night play.

Ball Fields: Flag football and softball fields on Weaver Street are equipped with bleachers and scoreboards. Fields are available for reservations for one hour and can be made for the week beginning Monday morning.

Golf-Driving Range: Located on Fox Drive, it is self-serve, lit for nighttime play and open 24-7, except during inclement weather and scheduled Thursday grass cutting. There is a synthetic putting green and two target greens for use. A bucket of balls cost \$.50 and \$1.00 from self-help dispensing machines.

Plains Pool: Offers recreational swimming, swim lessons, lap swimming and summer water aerobics Memorial Day through Labor Day.



Joe L. Bradley • Lt Col, USAF, Retired

Lt Col Joe L. Bradley was born in Hobart, OK, in 1928. As an outstanding athlete, he was selected for the 1945 All-State basketball and baseball teams. He attended college at Oklahoma A&M (now OSU) where he played on the 1946 NCAA championship basketball team and the 1949 NCAA Championship runner-up basketball team. After graduation, he played professional basketball in Chicago and Louisville before he was called to active duty in the Air Force in 1952.

Lt Col Bradley served 20 years in the Air Force. During his Air Force career, he was a pilot on a combat crew, coached basketball at the Air Force Academy and taught ROTC at the University of Georgia. After retirement, Lt Col Bradley worked for Northrop at Vance as Director of Personnel Services and was Chief of the Morale, Welfare and Recreation Division.

Orientations

Fitness Center Orientation: New to Vance or the Fitness Center? Take a tour of our facility and services. See the Fitness Center front desk for details.

Exercise Equipment Orientation: Trying to figure out which equipment to use to help achieve your goals? Still not sure what to do or how the equipment works? Contact the Fitness Specialist at 213-5049 to set up an appointment time.

Instructional Classes

Group Exercise Classes: More than 15 free classes are offered per week, including:

- Pilates
- Yoga
- Spinning
- CrossFit
- Water Aerobics
(at the Plains Pool during the summer)

Martial Arts: Soo Bahk Do is offered at various times during the week for a fee set by the instructor.

HAWC (Health and Wellness Center)

The Vance HAWC is located within the Fitness Center and provides programs supporting healthy lifestyles through fitness training, health education and health risk reduction. A highly-trained and motivated staff is here to assist you in identifying and reaching your health and fitness goals. Programs and services include individualized assessment, coaching, peer-support networking and group motivation classes. All Air Force beneficiaries are invited and welcome in the HAWC. Contact 213-7968 for details.

Classes include:

Hypertension Class	Commissary Tours
I'm in Charge: Diabetes Class	Healthy Cooking Class
Fitness Challenge	Healthy Living Program
Fitness and Nutrition Counseling	Body Composition Improvement
Fitness Improvement Program	Relaxation Therapy Room
Stress Management Class	Individual Fitness Assessments

Services

Equipment Check-out: Various sports equipment and training accessories are available for check-out at no charge from the Fitness Center front desk, including:

Tennis racquets	Racquetball racquets
Tennis balls	Racquetballs
Jump ropes	Eye protectors
Weight belts	Lifting straps
Footballs	Aerobic videotapes
Soccer balls	Heart rate monitors

Locker Rooms: Both men and women's locker rooms are equipped with daily use lockers, DV lockers, restrooms, showers, dry saunas, vanities and hairdryers.

- "Daily Use Only" lockers are designated for day use only and must be emptied after use.
- DV lockers are available, see attendant for details.

Towel Service: Towels are available at the main issue counter. Please return towels to the counter when finished.

Saunas: Dry saunas are located in both the men and women's locker rooms.

Conference / Training Room: Equipped with a powerpoint projector, television, dry erase board, VCR, tables and chairs for approximately 20 people. This room can be reserved by all base organizations.

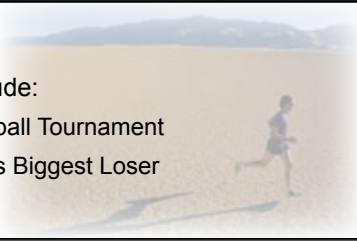
Cooking Demonstration Kitchen: The HAWC utilizes the kitchen for demonstration cooking classes. Contact the HAWC at 213-7968 for further information and availability.

**The Fitness Center is always looking for certified instructors.
Contact the Fitness Center Manager for further information.**

Special Events

Special fitness events scheduled throughout the year include:

Adventure Race	Commander's 5K	Dodgeball Tournament
Duathlon	Global Volkssport 10K	Vance's Biggest Loser
Women's Wellness Fair	AETC Sporting Events	



Bradley Fitness & Sports Center Rules and Policies

Rules

- Only water bottles are allowed in the main exercise rooms. Food, gum, juices, sport drinks or sodas are not allowed in designated exercise areas, the main gym floor and racquetball courts.
- Profanity, unsportsmanlike conduct or offensive clothing will not be allowed in any Fitness Center facility or related activity.
- All personnel must wear shirts, athletic shoes, shorts or pants while inside Fitness Center facilities. Only authorized athletic footwear and clothing will be allowed in designated exercise areas, main gym floor and racquetball courts.
- Smoking is not allowed in the Fitness Center.
- Do not kick footballs, basketballs and soccer balls inside the Fitness Center.
- Running or horseplay is prohibited. Spitting on floors or in water fountains is prohibited.
- Bicycles or roller blades will not be allowed inside the Fitness Center or on the outdoor running track.
- Equipment must be returned to proper area after use.
- If during squadron PT, running inside is necessary due to inclement weather, all basketball and volleyball will conform.
- Only authorized personnel are allowed inside the Fitness Center front desk area.
- No pets allowed inside the Fitness Center except those approved by the ADA.

Policies

Use and Guest Policy: Only persons authorized by VAFB Instruction 34-262 may utilize this facility. Sponsor must sign in guests at the Fitness Center front desk and accompany guests at all times. Persons must show a valid ID to the Fitness Attendant on duty to utilize facility.

Age Policy:

- 16 Years of Age & Older:** Unrestricted use of all facilities and equipment.
- 14-15 Years of Age:** Must complete Fitness Center equipment orientation. After orientation, allowed unrestricted use of all facilities and equipment. Contact the Fitness Center front desk for information.
- 10-13 Years of Age:** Authorized use of cardio and weight areas only if participating in the Youth Fitness Program with interactive adult supervision. Other areas (basketball and racquetball courts) require interactive adult supervision.
- 9 Years of Age & Under:** May accompany an adult in cardio and weight areas. May not use and must remain clear of all exercise equipment. Other areas (basketball and racquetball courts) require interactive adult supervision.



Vance Air Force Base

BRADLEY FITNESS & SPORTS CENTER

Hours of Operation

Monday - Thursday: 5 a.m. - 11 p.m.

Friday: 5 a.m. - 9 p.m.

Saturday, Sunday: 8 a.m. - 8 p.m.

Holidays: 8 a.m. - 4 p.m.

Closed Thanksgiving and Christmas Day

Building 316
Vance Air Force Base, Oklahoma
COMM: (580) 213-7670
DSN: 448-7670
website: www.vanceservices.us



71st Force Support Squadron