

SHORT FITNESS CENTER

MACDILL AFB FL



OPERATIONAL HOURS

Mon-Fri 0430-2030

Sat & Sun 0600-1400

**24/7 after-hours access for those
with pre-registered cards***

**See the front desk staff during regular
hours of operation to pre-register*

**8115 Cypress Stand Street
Building 303**

(813) 828-4496

www.macdillfss.com

**6th Force Support Squadron
MacDill Air Force Base, FL**

FSS TEXT

Text MACFIT to 95577

for Fitness Center Events, 5Ks Fitness Challenges, etc.



Revised 15 January 2020

Facility Features...

- Basketball Court
- Racquetball Courts
- Group Exercise Rooms
- Spin Room
- Cardiovascular Mezzanine Area with treadmills, recumbent bikes, ellipticals, upright bikes, AMTs, rowers, versa/rope climbers
- Men's & Women's Locker Rooms, including saunas
- Selectorized/Free-weight Room, including dumbbells & kettlebells, power racks w/bumperplates, full line of free weights, full circuit of selectorized machines
- Two lighted running tracks
- Lighted Trail on Bayshore Ave.
- Softball field
- 4 Multi-purpose fields (1 artificial turf/2 lighted)
- Cross-training equipment located for outdoor use
- "Fit-n-Play" parent/child workout area



Programs & Events...

- The Fitness Center hosts events yearlong, including several 5k Runs/Walks with awards for top winners, Cycling Incentives, May Fitness Month, Spin Marathons, Ultimate Challenges & more!

Services...

- Personal Trainers: available by appointment only. They will evaluate your personal health history and design an individualized training program, to include instruction on weight loss, strength training and proper conditioning.
- Smoothie Spot 4 Better Bodies: Want quick, yet healthy? Drop by the SS4 to indulge in fresh fruit and protein smoothies, wraps and sandwiches. Grab-n-go food available. In a rush? FREE on-base deliveries for orders over \$8!
- A wide variety of FREE group exercise classes are offered throughout the month including Yoga, Spin, Zumba, Six-Pack Attack and more! For schedule go to <http://tinyurl.com/MacDillFitness>
(Note: Classes subject to change)

Intramural Sports...

- The Fitness Center offers a wide variety of Intramural Sports, including Basketball (Jan-Mar), Softball (Mar-May), Soccer (May-Jul), Volleyball (Jul-Sep) and Football (Sep-Nov).

For more info, check out our web page at:



tinyurl.com/MacDillFitness

or our Facebook page: **Short FC**
