

Incentive Programs beginning—1000# Club/Run Across America
Base Bingo—Pick Up Bingo Cards at Fitness Center Front Desk or Health Promotion Office
Staffed Hours: Mon-Fri, 0600— 1800
Sauna Hours: 0600—2000

May 2025

National Fitness & Sports Month

Join in on the fun!



Sign up to learn a new sport/activity including:

- Pickleball
- Running
- Combative/Self Defense
- Weightlifting

Sign Up Genius QR Code:



Mon	Tue	Wed	Thu	Fri
			1 Pickleball — 1630 (Signup Genius)	2
5 Pickleball Club —1630	6	7 Golden Age Strength Club — 1100	8 Run Clinic — 1500 (Signup Genius)	9
12 Pickleball Club —1630 Intramural Volleyball— 1730	13 Intramural Volleyball— 1730	14 Golden Age Strength Club — 1100 Intramural Volleyball— 1730	15 Combat Training — 1500 (Signup Genius) Intramural Volleyball— 1730	16
19 Pickleball Club —1630	20	21 Golden Age Strength Club — 1100	22 Weightlifting Course — 1500 (Signup Genius)	23
26 Pickleball Club —1630	27 Home Run Derby - 1700 (Signup Genius)	28 Golden Age Strength Club — 1100 Home Run Derby— 1700 (Signup Genius)	29 Home Run Derby Finals - 1700	30



SRA BRYAN BELL FITNESS CENTER
ONGOING PROGRAMS, EVENTS, & CLUBS

PICKLEBALL CLUB

Learn the basic skills and concepts of America's fastest growing sport. This low impact, partner sport is great for all levels of fitness.

GOLDEN AGE STRENGTH CLUB (AGES 50+)

This is a fitness club led by and designed for our retirees who refuse to give up on their bodies. The club consists of aerobic exercise, strength resistance training, and functional movements for everyday life that will limit the risk of injury during the Golden Ages of life.

1000# CLUB & ABOVE

Calling all power lifters and gym bodies. Have you been trying to increase your gains? Get stronger? Then join the community of #strongbody to stay inspired throughout your training. Every XX of the month the Fitness Center staff will be available for 1000# Club assessments. See front desk to sign up.

RUNNING CLUB

No matter if you are a sprinter or a marathoner. The run club is for anyone that enjoys the bliss and freedom experienced while running. Join this club if you are looking for consistent training partners, like minded individuals, that will put in the work and the milage with you. More info to come.

() Incentive Program through the Fitness Center. Check in at Front Desk for more information.*



NATIONAL FITNESS & SPORTS MONTH - LEARN A SPORT

(Scan QR to sign up, limited slots for each sport)

PICKLEBALL

Instruction on the fundamentals and rules of the sport. This course will be led by two volunteers certified in Pickleball instruction and Coaching. Course will take place at Bell Fitness Center basketball court on 1 May at 1630.

RUNNING CLINIC

This running clinic will address the common mistakes most individuals make while running and result in injury. The instruction will include proper running mechanics, technique drills, efficient running cues, and injury prevention/recovery protocols.

COMBAT SPORT

Enhance your skills with hand to hand combat in this course.

WEIGHTLIFTING

Take your workouts to the next level with learning the proper execution of more advance lifting techniques to increase power, explosiveness and force production.

HOME RUN DERBY

Represent your SQUAD! Each squadron is encouraged to submit two (2) representatives for a chance to be the Softball Home Run Derby Champs, ahead of this upcoming softball season. Squadrons will be split throughout the first two days with 40 homerun attempts per squadron. The top 3 Squadron's with the most homeruns will compete in the Finals on Thursday 29 May, to prove themselves as the team to beat during the softball season. Are you up for the challenge? Get your best two up to bat!
(Scan the QR code to register.)