

Mission Statement

To provide quality Fitness and Sports facilities and programs that help enhance readiness and performance by providing programs that promote total fitness, esprit de corps, and quality of life for the greatest number of armed forces personnel and their families.

Sports Programs

- **Intramural**
 - **Flag Football**
 - **Basketball**
 - **Racquetball**
 - **Volleyball**
 - **Softball**
 - **Bowling**
 - **Golf**
 - **Soccer**

- **Varsity**
 - **Basketball**
 - **Softball**
 - **Volleyball**

AF Sports Program

The Air Force Sports Program (AFSP) is designed to allow Active Duty, National Guard and Reserve Air Force personnel an opportunity to participate at the Air Force, Armed Forces, national and international sporting events.



Commander's Trophy Program

(squadron participation required)

Annual Wing Sports Day

Outdoor Activities

- **Tennis Courts**
- **Roller Hockey Rink**
- **2 Mile Track**
 - with par course
- **¼ Mile Track**
 - with exercise pad
- **Football Field**
- **2 Basketball Courts**
- **2 Softball Fields**

All of the above are lighted for night time use



Seymour Johnson AFB

Fitness and Sports Center

1500 Langley Ave.

(919) 722- 0408/0409

Hours of Operation

Monday-Friday, 5 a.m.—11 p.m.

Weekends, Holidays, and "Down Days"

7:30 a.m.—6:30 p.m.

Closed Christmas Day



4th www.sjffs.com
Force Support
SQUADRON SJAFOB



February 27, 2008

Fitness Programs

The goal of the Air Force Fitness program is to motivate all members to participate in year-round physical conditioning programs, emphasizing total fitness to include proper aerobic conditioning, strength and flexibility training, as well as healthy eating habits.

- **Aerobic Classes**
- **Step Aerobics**
- **Circuit Training**
- **Total Tone**
- **Extreme Abs**
- **Indoor Cycling**

Fitness program schedules are posted in the center and online at www.sjffss.com

Authorized Users

AFI36-3062, para 12.2 states all ID card holders must have ID cards in their possession at all times

Personal Trainers

See staff for details

Free Weights



Selectorized Weight Machines

Cardio Equipment

- **Treadmills**
- **Elliptical Trainers**
- **Steppers**
- **Bikes**
- **Rowers**

Customer Attire Policy

(AFI34-266, Table 1.6.1) Appropriate clothing must be worn to maintain a proper image in a military and family facility. Inappropriate language or graphics are prohibited. Athletic attire and athletic-type shoes must be worn in all activity and equipment areas. **NO TANK TOPS! T-shirts must cover the shoulders.** Court shoes with non-marking soles must be worn on court and group exercise room floors. Military uniforms, or part thereof, casual slacks/shorts, and jeans are considered non-exercise attire. Plastic/rubber suits are not authorized in any fitness facility, to include outdoor running tracks and fields. Improperly dressed customers will be asked to change or leave the facility.

Age Restrictions (AFI34-266, Table 1.1)

16 years of age and over

- Unrestricted use of all Fitness Center facilities and equipment without parent or guardian

13-15 years of age

- Cardiovascular equipment and weight rooms require interactive supervision from a parent, legal guardian, or Youth Programs staff member or coach; other areas (basketball, racquetball, etc.) require a parent or legal guardian to be in the facility

6-12 years of age

- No access to cardiovascular equipment and weight rooms; other areas (basketball, racquetball, etc.) require interactive supervision from an adult at all times

Under 6 years of age

- Not allowed in facility with the exception of those centers providing a parent/child area (PCA) for supervised play and/or children who are supervised spectators at a sports or special event

Visitation Policy

- Visitors to the SJAFB Fitness and Sports Center are considered **house guests** and are expected to act accordingly
- As a military facility, military personnel have priority over house guests
- House guests must be accompanied by their sponsors at all times
- The sponsor is held responsible for any misuse or problems arising from use of this facility by his or her house guest
- Each sponsor is permitted two house guests at any one time
- Sponsors must be at least 18 years old
- House guests must possess picture IDs (student ID, driver's license, work ID)

General Information

It is our sincere desire that your experience with us is a pleasant one. If for some reason you are dissatisfied with our service, equipment, classes or would like to comment on a program, please complete an online Interactive Customer Evaluation form at:

<http://ice.disa.mil>

- Click on 'CONUS'
- Click on "Seymour Johnson"
- Scroll down and click "Show all Service providers"
- Click on the Fitness Center and fill out the card
- Click 'Submit'

