



Fitness classes, industry standard equipment, personal trainers and massage are just a few of the many benefits offered at the Commando Fitness Center to get in tune with your body. Estheticians will be available to offer a facial treatment, which includes a wide variety of services.

Massage and facial treatment appointments will be available Monday-Friday at the Commando between 7am-8pm. For more info or to schedule an appointment, call (850) 884-4412/4018.



### **Commando Fitness Center**

Cody Avenue, Bldg. 90232

### **Indoor facilities include:**

Walleyball, Racquetball (2 courts), Cardio (40+ machines), Free Weights, Life Fitness (17 machines), Kinesis Technogym (2 machines), Saunas and Men's and Women's Locker Rooms with digital lockers. Contract Personal Trainers are available upon request.

### **Hours:**

Monday-Friday, 5am-7pm  
Weekends, Down Days & Holidays: Closed

### **After-Hours Access:**

Open to all Military Personnel and DoD Civilians. Authorized users can register their ID card for After-Hours Access at the Aderholt Service Desk during normal business hours and enjoy access around the clock.



MYHURLBURT.COM

(850) 884-4412



## **TREAT YOURSELF AT THE COMMANDO SPA**

MASSAGE THERAPY &  
FACIAL TREATMENTS OFFERED  
@ COMMANDO FITNESS!



## Skin Care

Facial <i>basic facial, gentleman's facial, purifying back facial</i>	\$30
Facial & Mask <i>vitamin C, firm and lift, enzyme</i>	\$45
Facial & Peels <i>glycolic, beta, derma, revitalizing &amp; lactic</i>	\$45
Facial, Mask & Peel	\$65
Facial & Extractions	\$45

## Makeup Application

Morning Occasion – 50 min	\$30
Special Event – 80min	\$45
Wedding – 2hr	\$70

## Massages

Swedish, Hot Stone, Deep Tissue,  
Sport Massage, Custom

## Hair Removal

Brazilian	\$45
Bikini	\$35
Lip, Brows, Chin, Sideburns, Underarms	\$10
Half Arms, Half Legs, Full Face	\$25
Full Legs, Full Arms	\$55
Chest, Back	\$35

## Tinting & Lashes

Brow Design	\$35
Brow Tinting	\$12
Strip Lash Application	\$5
Lash Extension (one by one)	\$160
Lash Extension Maintenance	\$40