

# FITNESS OPTIONS EXPANDED

## Expanded Options Now Available

Open to Active Duty/AFR & ANG on Title 10, and now expanded to all DoD ID Cardholders, Retirees and Dependents.

\*Civilians, Dependents and Retirees must be with their trainer at all times.



### Personal Services

#### Personal Trainers

Aderholt and Commando Fitness Centers

- Active Duty, Civilians and Dependents
- All civilians must be with their trainer at all times

#### Commando Spa

Commando Fitness Center

- By appointment only

#### Tennis Private One-On-One Lessons

Tennis Courts

- Youth: Ages 5-17 \$35/lesson
- Adults: Ages 18+ \$40/lesson
- By appointment only

### Class

#### Kuk Sool Won Classes

Aderholt Fitness Center

- 5-6pm: Youth Ages 6+ class
- 6-7pm: Adults Only classes
- Class size limited to 9 participants
- Cost \$65.00/month