

Outdoor Facilities

- **Tennis Courts:** four courts next to the running track, available first come-first served, 24-7, night lighted.
- **Running Track:** quarter mile rubber-surfaced track located behind Fitness Center. Night lighted 24-7. Light switch located on the outside corner of the main gym.
- **Golf-Driving Range:** self-serve, night lighted, 24-7 driving range with putting and target greens
- **Ball Fields:** flag football and two softball fields equipped with bleachers and scoreboards. A soccer field is also located behind softball field #2. Fields are available for 1 hour reservations.
- **Outdoor Basketball Court:** night lighted, 24-7 basketball court located next to the tennis courts.
- **Swimming Pool:** open Memorial Day through Labor Day. Open for recreational swimming, swim lessons, lap swimming, and pool parties.

71 MDG Health Promotions

The Vance Health Promotions is located within the Fitness Center and provides programs and services supporting healthy lifestyles through fitness training, health education, and health risk reduction. Programs and services include individualized assessment, coaching, peer-support networking, and motivating group classes. All Air Force beneficiaries are invited and welcome in our center. Contact 213-7968 or stop by for information

Fitness Programs

- **Group Exercise Classes:** numerous classes per week are taught by qualified instructors. See current schedule at front desk.
- **Specialty Classes:** special classes like Total Body, RunFit, EXRX, Natural Running, and Cardio Intervention are conducted by our Fitness Specialist.
- **Micro Fit Evaluation:** contact our Fitness Specialist at 213-7830 or 213-6639 to set up an appointment for a computerized fitness assessment and individual exercise program.
- **Fitness on Request:** a stand-alone computer operated kiosk that allows individuals to select various video fitness classes displayed on a large screen.
- **Exercise Incentive Programs:** participate in the Run Club, Walk Club, Iron Airman, and Cycling Club to receive special items.
- **Fitness Center Orientations:** see the front desk staff member for a tour.
- **Equipment Orientations:** contact our Fitness Specialist at 213-7830 or 213-6639 to set up an appointment time.

Age Limits

- **16 years of age and older:** unrestricted use.
- **14 -15 years:** unrestricted use only after equipment orientation by staff member.
- **10-13 years:** must take Youth Fitness Program class. Then may use cardio, weights, and group exercise classes with adult supervision. Other areas may use with unrestricted access.
- **6-9 years:** permitted only in basketball court, racquetball courts, locker rooms, or spectator, and only under adult interactive supervision. Not permitted in cardio, aerobic, Alpha Warrior rig, or weight rooms.
- **5 years and under:** not permitted in fitness facilities except as follows.
 - Permitted to be a participant or spectator in a sport or special event under qualified adult interactive supervision. Interactive adult and child to participate in/perform together at all times.
 - Permitted in the Parent Child Area Exercise Room with parent/legal guardian.
 - Permitted in Racquetball Courts with parent/legal guardian.
 - Permitted to participate in parent-child specific group exercise classes.
 - Not permitted on the basketball court floor unless in a special class.
 - Permitted to be in bleachers with parent/legal guardian.



Bradley Fitness Center

Vance AFB, OK
Bldg. 316,
580-213-7670

Hours of Operation

Monday – Thursday	0500-2300
Friday	0500-2100
Saturday, Sunday	0800-2000
Holidays	0800-1600

Users and Guest Policy

This facility and equipment are available to active duty personnel, dependents, reservists, retired military, civil service, NAF, DAF, and permanent contractor personnel with valid ID. Authorized users must sign in guests at the main desk and accompany guests at all times.

24-7 Fitness Access

The Fitness Center is open after normal hours of operation for use. This program is authorized for active duty, Guards, Reserves on current active duty, retirees, and their dependents 18 years of age and older. Individuals must register at the front desk and complete all required paperwork before use. Guests are not permitted in the facility during unmanned hours. All areas are available for use except the saunas, relaxation room, front counter, storage areas, and offices. The use of the Wingman Concept or Buddy System is highly encouraged. Please visit the front desk staff for complete information.



Rules

- Water bottles allowed only in main exercise areas. Other food or drink items not allowed.
- Profanity, unsportsmanlike conduct, or offensive clothing will not be allowed.
- Only authorized athletic footwear and clothing will be allowed.
- Footballs, basketballs, and soccer balls may not be kicked inside the Fitness Center.
- Bicycles or roller blades are not allowed inside the Fitness Center or on the running track.
- Equipment must be returned to its proper area after use.
- If squadron PT running inside is necessary due to weather, all other activities will conform.
- Pets are not allowed inside the Fitness Center except those approved by the ADA.
- Slamming of weight plates and bars on floors is not allowed.

Special Events

- Adventure Challenge
- Dodge Ball Tournament
- Haunted Hustle 5k
- Run Into Summer 5k
- Soar Into Shape

Sports

- **Intramural:** organized team & individual participation for all skill levels. Squadrons compete year-round to capture the Commander's Trophy award.
- **Core Sports:** basketball, softball, flag football, and volleyball.
- **Extramural:** organized competition in other recreational leagues: tennis (singles & doubles), bowling, racquetball (singles & doubles), golf, Commander's 5K, and Adventure Challenge.
- **Varsity:** for accelerated sporting skills.
- **Air Force:** training camps and world championships for the advanced athlete.



Indoor Amenities

- **Basketball / Volleyball Court:** open court play except when reserved for Squadron PT, intramural games, or special activities. Available for 1 hour reservations.
- **Exercise Rooms:** includes cardiovascular room, free weight strength room, selectorized strength room, boxing exercise room, and group exercise room.
- **Racquetball Courts:** may be reserved one day in advance or first come-first serve. Available for one hour, on the hour, or half-hour. Walleyball and Pickleball set ups are available.
- **Parent Child room:** a play area for kids and exercise equipment for parents.
- **Alpha Warrior Battle Rig:** this 12'x12' exercise structure is located in racquetball court #3.
- **Locker Rooms:** equipped with daily and DV lockers, restrooms, showers, dry saunas, vanities, and hairdryers. Towel Service is not available.
- **Conference / Training Room:** equipped with computer, 75" TV, DVD, tables and chairs for approximately 20 people. This room can be reserved by all base organizations.
- **Extreme Conditioning Area:** located between the cardio and selectorized equipment areas.
- **Relaxation Room:** separate room with two massage chairs and music CD's.