



DEPARTMENT OF THE AIR FORCE
319 FORCE SUPPORT SQUADRON (AMC)
GRAND FORKS AIR FORCE BASE, NORTH DAKOTA


MEMORANDUM FOR ALL 319 FSS PERSONNEL

APR 25 2011

FROM: 319 FSS/CC

SUBJECT: 319 FSS Fitness Policy Letter

1. Per AFI 36-2905, the unit Physical Training (PT) program should encourage members to participate in physical fitness training up to 90 minutes, 3-5 times per week. I am authorizing military member's time, to participate in physical fitness training during the day. All Air Force members are required to meet AF Fitness standards so we can accomplish our mission.
2. Military members are required to attend PT twice per week. Members, to include shift workers just getting off shift, will attend the Thursday PT session. Shift workers (e.g. 3-11 shift) will attend PT on Tuesdays at 1400 and are not required to attend the Thursday session. Members may attend any authorized aerobics classes, see attached, as their second PT session. FSS Fitness center staff PTLs will be assigned to lead the Thursday sessions and squadron PTLs will lead the Tuesday sessions. Concurrently, on the first Tuesday and Thursday of each month, a PTL will administer a mock fitness test, for those members due to take their fitness test the following month; (i.e. June fitness testers will do a mock PT test the first week of May).
3. Maximum participation is mandatory, *as specified in paragraph 2*. Flight NCOICs/Superintendents *will* track weekly PT attendance. Monthly PT attendance tracking will be forwarded to the FSS Commander and first sergeant.
4. Members, who score an unsatisfactory on their semi-annual fitness test, are required, with their supervisors, to meet with the 319th FSS First Sergeant, within three days of receiving an unsatisfactory score. At that time you will be placed on a mandatory fitness program where you will be required to work out 5 times per week, (location and schedule will be announced at this meeting). Fitness attendance and specific workouts will be tracked on an AF Form 1975, signed by the PTL and then turned in monthly to the 319th First Sergeant.
5. This letter supersedes all previous letters, same subject. If you have any questions about this policy, please contact MSgt Karlyn Beadles at 747-3241 or MSgt James Normandin at 747-5092.



ROBERT L. REINHARD, Major, USAF
Commander

Attachment:
Fitness Center Aerobics Classes

Aerobics Classes

January - April 2011

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
0700 Boot Camp (Insanity)	0700 Indoor Cycling and Sculpt	0600 Indoor Cycling	0600 Spin	0700 - Indoor Cycling	
0900 Body Sculpt	0900 Step	0900 Pilates	0900 - Indoor Cycling and Sculpt	0900 - Body Pump	1000 - Body Sculpt
1600 Water Aerobics			1600 Water Aerobics		
1800 Indoor Cycling	1800 Pilates	1800 Body Sculpt	1800 Hard Core (Abs)		

Water Aerobics - Free for Active Duty Members. For all others, the 1st class is free, and \$20/15 class punch card are available

Boot Camp - High intensity cardio combined with weight training for a complete workout

Body Sculpt - Group circuit training with both weights and cardio to tone the entire body

Indoor Cycling - Group stationary cycling using variations in resistance and cadence to provide a fun and challenging ride

Indoor Cycling and Sculpt - Group cycling plus a muscle-toning segment, great for both beginners and advanced cyclists

Step - Classic and well-loved step aerobics with exciting new routines each week

Pilates - Primarily a core strengthening workout, with flexibility and peripheral strength training as well

Hard Core Abs - Intense AB workout

Body Pump - Heavier weight training using the body bar