

# ARMY SPORTS PROGRAM



## All Army Sports

Are you interested in competing at the highest levels that the Army can offer? The All Army Sports Program is for Active Duty, Reserves, and National Guards! Soldier-Athletes can participate in a variety of sports and are prepped to compete at high levels of competition to include: Armed Forces, USA Nationals, and Military World Games! Interested Soldiers must apply for consideration.

To apply for All Army Sports and for all of the latest updates visit: [http://www.armymwr.com/recreation/sportsandfitness/all\\_army\\_sports.aspx](http://www.armymwr.com/recreation/sportsandfitness/all_army_sports.aspx) or call the sports office (254) 288-3622 or (254) 287-3550

All Army Sports Calendar 2016 go to [www.allarmysports.armymwr.com](http://www.allarmysports.armymwr.com)

DATES ARE SUBJECT TO CHANGE – For more information, application process and selection criteria go to [www.allarmysports.armymwr.com](http://www.allarmysports.armymwr.com). For more information contact your Garrison MWR Sports and Fitness office 254-287-3550 or contact All Army Sports at: 210-466-1337 or [usarmy.jbsa.imcom-hq.mbx.army-sports@mail.mil](mailto:usarmy.jbsa.imcom-hq.mbx.army-sports@mail.mil)

For more information regarding CISM only Skiing see [www.allarmysports.armymwr.com](http://www.allarmysports.armymwr.com)  
Follow our athletes on [Facebook.com/TheAllArmySports](https://www.facebook.com/TheAllArmySports) and [Twitter.com/ArmyAthlete](https://twitter.com/ArmyAthlete)

*For more information, please call the Sports Office (254) 287-3550*



**Free**  
*Open to all*

**Hood  
Stadium**  
**5-10pm**

★ Live Entertainment ★ Fireworks



**FORT HOOD  
INDEPENDENCE DAY**



**This Event is  
Fee-based**

**"The Most Colorful 5K  
on Fort Hood"**

# GROUP FITNESS CLASSES

Achieve your fitness goals and much more! Whether you're interested in group or personal exercise; Fort Hood Fitness Programs has great options for you!

## Class Passes

**\$3 Per Class** (1 Visit) **\$7 Weekly** (5 Visit)  
**\$13 Bi-Weekly** (10 Visit) **\$25 Per Month** (20 Visit)

Class Passes expire 90 days after purchase

### Spin

**Abrams PFC**

Mon-Fri - 12-1pm

Mon-Thur- 5:30-6:30 pm

### Zumba

**Applied FFC** Tue/Thu 6:30-7:30 pm

**Burba PFC** Mon 5:30-6:30 pm

**Iron Horse FFC** Mon/Wed/Fri – 11:45-12:45

**West Fort Hood PFC** Wed 6-7 pm

### Yoga

**Applied FFC**

Mon/Wed/Fri- 11:45-12:45 pm

Mon/Wed 5:30-6:30 pm

### Beginner's Yoga

**Applied FFC**

Thursday 11:45-12:45 pm

## ***2017 STRONG B.A.N.D.S. CAMPAIGN DFMWR, FT. HOOD, TX EVENTS:***

**12 May • 11:30 am - 1:30 pm • Zumba Fiesta Event**

**17 May • 11:30 am - 1:30 pm • 5:30 - 6:30 pm • Yoga gets Banded**

**25 May • 11:30 am - 1:30 pm • Band of Spinsters**

***Abrams Physical  
Fitness Center***

**Apache Arts & Crafts- Decorative Painting Project: • May 1-31**

**Casey Memorial Library Storybook Walk • May 1-31, Fridays 9-10am**

# CARDIO EVENTS



***“Take care of your body. It's the only place you have to live!”***Jim Rohn

\*\*\* All events and dates are subject to change\*\*\*

<b>Date</b>	<b>Cardio Events</b>	<b>Location</b>	<b>Time</b>
10 JAN	Aerolatin Dance-A-Thon	Abrams PFC	6-8 pm
11 FEB	“I Love Spinning” Spinathon	Abrams PFC	9-11 am
22 APR	Boot Camp Fitness	Abrams PFC	9-11 am
22 JUL	Summer Spin Fest	Abrams PFC	9-11 am
18 NOV	Turkey Time Fitness Party	Abrams PFC	9-11 am
15 DEC	Christmas Crazy Hat Cardio Party	Abrams PFC	11 am-1 pm

**\*\* All Events are Fee-based (2017)**  
**\$5 for DoD ID Card holders - \$8 for all others**

**(See back cover for registration locations)**

*For more information, please call the Fitness Office (254) 285-5459*

# ***Fight Night Watch Party***

***Free & Open to all 18+***



**LIVE AT THIS VENUE**

***BACKBONE LOUNGE***

***Bldg 194, 37th Street***



# BLORA PAINTBALL

**More fun than watching paint dry!**

- \$27 per person - With personal gun, facemask and hopper  
(Includes 500 rounds of paint, all day air or CO2)
- \$33 per person - Gun, facemask and hopper  
(Includes 500 rounds of paint, all day air or CO2)



**Group rates (10 or more players)**

**\$17 per person, includes gun, hopper and face mask & 500 rounds of paint.**

**Additional paint:**

**\$10 - 500 rounds • \$20 - 1,000 rounds • \$40 - 2,000 rounds (one case)**

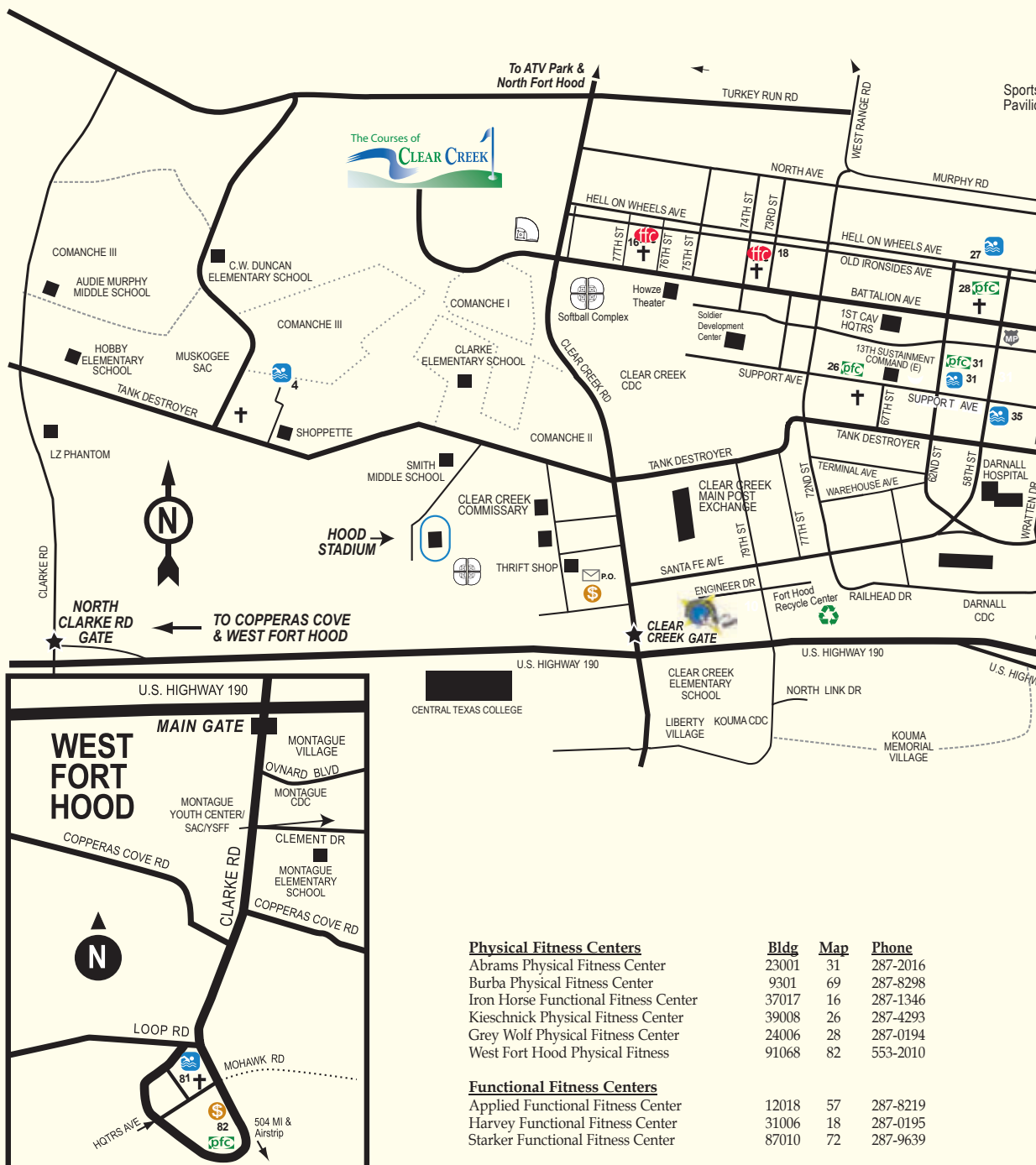
## Open to all

10 years of age & older

Youth 10-17 require guardian signature



**For more information, call the BLORA Reservations Office at 254-287-2523.**





### Swimming Pools

Aquatics Office  
Abrams Pool (Indoor)  
Comanche Pool  
13th SC(E) Pool  
62nd St Pool  
42nd St Pool  
Martin Pool  
Patton Pool  
Thomas Pool  
West Fort Hood Pool

Bldg	Map	Phone
23001	31	287-9430
23001	31	287-4648
52932	4	287-7544
2239	35	287-3689
2479	27	254-618-7336
1676	51	287-4094
137	42	287-5037
5774	63	285-5837
193	54	287-8637
91075	81	288-9838

### Fitness Fun Facilities

BLORA  
Courses of Clear Creek  
Phantom Warrior Lanes

### Sports & Fitness Programs

Competitive Sports Office  
Aerobics & Skating Center  
Intramural Sports  
Varsity Sports

Bldg	Map	Phone
NAF 126	75	287-4907
52381	6	287-4130
49010	13	287-3424
23005	31	288-3622
324	55	287-5623
23005	31	288-3622
23005	31	285-5459





U.S. ARMY

SPORTS • FITNESS • AQUATICS

# Family and MWR



**Group Fitness Classes Online Purchase Available via**  
***[HoodMWR.com/fitneess\\_classes.htm](http://HoodMWR.com/fitneess_classes.htm)***

**Runs & Cardio Events Online Purchase Available via**  
***[HoodMWR/running\\_fitness.htm](http://HoodMWR/running_fitness.htm)***

Purchases available at one of the following convenient locations on post:

- Leisure Travel Service, Bldg. 136, 761st Tank Battilion Ave.
- Apache Arts and Crafts, Bldg. 2337, 761st Tank Battilion Ave.
- Sprocket Auto Crafts Bldg. 9138, Old Ironsides Ave.
- Sportsmen's Center Bldg. 1937, Rod and Gun Club Loop
- Recreation Equipment Checkout Center Bldg. 4930, Clear Creek Rd.
- On site at event and class locations