

Gymnasium (Fitness Center). FAC: 7421

CATCODE: 740674

OPR: AF/A1S

OCR: AFSVA, MAJCOM/A1S

1.1. **Description.** The Air Force Fitness Center facilitates the readiness, fitness, and morale of Air Force members by providing effective, efficient, and pleasant spaces for individual and group exercise, unit physical training (PT), team and individual sports, testing, training/education, and necessary support.

1.2. **Requirements Determination.** Ensure the Fitness Center provides spaces for the following functions: fitness equipment spaces, unit PT and group exercise, fitness testing, fitness training, team and individual sports (intramural, extramural, varsity), administrative, support, and health and wellness. The Health and Wellness Center (HAWC) is a core space at main operating bases but not on Reserve installations and may be collocated with the Fitness Center. Consideration is given to providing this type facility for installations with a total customer base of 251 or more. Programs for bases or stations with a total customer base of 250 or less should be provided as a part of multipurpose recreation facilities, **CATCODE 740669**. For further guidance reference see UFC 4-740-02, *Fitness Centers* and the *Air Force Services Facilities Design Guide, Design: Fitness Centers*.

1.3. **Scope Determination.** Scope determination for the Fitness Center and HAWC are shown in the notes section of Table 1.

1.4. **Dimensions.** See Table 1.

1.5. **Design Considerations.** See UFC 4-740-02.

Table 1. Space Allowances for Fitness Centers and Health and Wellness Centers.

Allowable Area Computation Table					Gross Area				
Base Name: Home Town AFB									
Maximum Area Allocation for Fitness Center and HAWC					FC Auth		Max HAWC Auth		Min
Category	Population Bracket		ft ²	m ²	ft ²	m ²	ft ²	m ²	BB Court
Small	0	1,000	55,029	5,112	51,029	4,741	4,000	371	1
Medium 1	1,001	2,000	62,229	5,781	57,229	5,317	5,000	465	1
Medium 2	2,001	3,000	69,429	6,450	64,429	5,985	5,000	465	1
Medium 3	3,001	4,000	76,629	7,119	71,629	6,654	5,000	465	2
Medium 4	4,001	5,000	83,829	7,788	78,829	7,323	5,000	465	2
Large	5,001	6,000	91,029	8,457	85,029	7,899	6,000	557	2
Mega 1	6,001	7,000	98,236	9,126	92,236	8,569	6,000	557	2
Mega 2	7,001	8,000	103,236	9,591	97,236	9,033	6,000	557	2
Mega 3	8,001	9,000	108,236	10,055	102,236	9,498	6,000	557	2

Maximum Area Allocation for Fitness Center and HAWC				FC Auth		Max HAWC Auth		Min	
Category	Population Bracket		ft ²	m ²	ft ²	m ²	ft ²	m ²	BB Court
Mega 4	9,001		10,000	113,236	10,520	107,236	9,962	6,000	557
Mega 5	10,001		11,000	118,236	10,984	112,236	10,427	6,000	557
Mega 6	11,001	12,000	123,236	11,449	117,236	10,891	6,000	557	3
Mega 7	12,001	13,000	128,236	11,913	122,236	11,356	6,000	557	3
Mega 8	13,001	14,000	133,236	12,378	127,236	11,820	6,000	557	3
Mega 9	14,001	15,000	138,236	12,842	132,236	12,285	6,000	557	3
Mega 10	15,001	16,000	143,236	13,307	137,236	12,749	6,000	557	3
Mega 11	16,001	17,000	148,236	13,771	142,236	13,214	6,000	557	3
Mega 12	17,001	18,000	153,236	14,236	147,236	13,678	6,000	557	3
Mega 13	18,001	19,000	158,236	14,700	152,236	14,143	6,000	557	3
Mega 14	19,001	20,000	163,236	15,165	157,236	14,607	6,000	557	3
Mega 15	20,000	21,000	168,236	15,629	162,236	15,072	6,000	557	3
Mega 16	21,000	22,000	173,236	16,094	167,236	15,536	6,000	557	3
Mega 17	22,000	23,000	178,236	16,558	172,236	16,001	6,000	557	3
Mega 18	23,000	24,000	183,236	17,023	177,236	16,465	6,000	557	4
Mega 19	24,000	25,000	188,236	17,487	182,236	16,930	6,000	557	4
Mega 20	25,000	26,000	193,236	17,952	187,236	17,394	6,000	557	4
Mega 21	26,000	27,000	198,236	18,416	192,236	17,859	6,000	557	4
Mega 22	27,000	28,000	203,236	18,881	197,236	18,323	6,000	557	4
Mega 23	28,000	29,000	208,236	19,345	202,236	18,788	6,000	557	4
Mega 24	29,000	30,000	213,236	19,810	207,236	19,252	6,000	557	4

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NOTES:

1. The population used to calculate allowable area is as follows and requires verification using a valid PVA study:
 - a. 100 percent of Assigned Military Personnel – includes Air Force and other U.S. Military personnel, full-time Air Force Reserve and Air National Guard assigned to the installation. Include the number of military personnel from interservice support agreements with other U.S. and foreign/NATO services.
 - b. 50 percent of Family Members ages 13 years or older – includes all spouses, and children 13 years or older for those included in the Assigned Military personnel category. If the actual number is not available from the installation, the number may be calculated from the total family member population.
 - c. 100 percent DoD civilians assigned overseas – this category applies only if the base is overseas or in Alaska or Hawaii. Include DoD, NAF, AAFES, and DoDEA personnel. Do not include personnel as DoD civilians if they are counted as Family Members.
 - d. 100 percent of PCS members, students, or members TDY – when the installation regularly serves a substantial number (100 or more) of military transients greater than 30 consecutive days, the average daily strength, based on a firm projection of the total yearly load of such transients, may be added to the base population.
 - e. 100 percent of Host Nation Military or NATO Alliances – at PACAF and USAFE installations, assigned military members of host nations or NATO alliances may be added to the base population.
2. A minimum of two racquetball courts are authorized. Additional courts constructed as additives to fitness centers count against the total space authorization.
3. For populations less than 250, combine with community activity center, CATCODE 740669.
4. Space for mechanical equipment, rest rooms, and circulation has been added by a factor of 35 percent.
5. Shows maximum authorized scope only, not the scope that may be approved.
6. Due to higher utilization of overseas facilities, consider adding up to 10 percent to authorized scope for these facilities (including Alaska and Hawaii).
7. For populations over 7,000, the installation should determine whether it is more cost effective and manpower-efficient to build one large complex or multiple smaller sized facilities.