

GRAVES FITNESS CENTER

2116 Abbott Road (North Post)

703.806.5368

Monday-Friday: 5:30 a.m.-9:00 p.m.

Saturday, Sundays & Holidays: 9:00 a.m.-5:00 p.m.

BODY SHOP FITNESS CENTER

1023 12th Street (South Post)

703.806.3100

Monday-Friday: 5:30 a.m.-8:00 p.m.

Saturday, Sundays & Holidays: 9:00 a.m.-5:00 p.m.

SPECKER FIELD HOUSE

1182 12th Street (South Post)

703.806.3100

Monday-Friday: 6:00 a.m.-2:00 p.m.

Saturday, Sundays & Holidays: Closed



FORT BELVOIR COMMUNITY RECREATION DIVISION
FITNESS CENTERS

GRAVES FITNESS CENTER

703.806.5368

BODY SHOP FITNESS CENTER

703.806.3100

SPORTS DIRECTOR

SHEILA EDWARDS ~ 703.806.5589

INTRAMURAL SPORTS COORDINATOR

GENEVA MARTIN ~ 703.806.5093

INDOOR FACILITY COORDINATOR/FACILITY FIELDS

HAROLD DAIGS ~ 703.806.5369

FACILITY MANAGER

JOY ROBERSON ~ 703.806.6182

SPORTS DIRECTOR MISSION STATEMENT

To provide a first choice for those who serve. We offer premier quality sports and fitness programs and facilities. To serve the Fort Belvoir community with the highest quality customer service thereby increasing fitness readiness and quality of life.

GRAVES FITNESS CENTER OFFERS

Lifefitness Selectorized, Cardio Theatre, Lifefitness Treadmills, Stairclimbers, Ellipticals, Precor Cross Trainers/Bikes, Racquetball Courts (4), Gymnasium, Rock Wall, Spinning Room, Locker Rooms with a Dry Sauna/Steam Room, Free Weights

BODY SHOP FITNESS OFFERS

Nautilus Nitro Selectorized Circuit, Cardio Theatre, Lifefitness Treadmills, Precor Cross Trainers, Precor Bikes, Precor Steppers

SPECKER FIELD HOUSE OFFERS

Gymnasium, Heavy Bag, Pull-up Bars, Locker Rooms with a Dry Sauna/Steam Room

FITNESS EQUIPMENT ORIENTATION

Orientation for new and existing patrons to learn safe and proper use of fitness equipment. Call the Graves Fitness Center at 703.806.3100 or the Body Shop Fitness Center at 703.806.3100 for appointments or details.

CARDIO INCENTIVE PROGRAM

A self directed program in which patrons document their mileage on a cardio incentive card. Run/Walk outside or use any cardio equipment within the fitness center. Prizes awarded: 100 Mile Club T-shirt, 250 Mile Club T-shirt and Water Bottle, 500 Mile Club Athletic Bag.

ROCK WALL CHALLENGE

Get on the Rock Wall Hall of Fame! Staff will assist with set-up of automatic belay system. Call Graves Fitness Center for details or to set up an appointment at 703.806.5368.

WOMEN AND WEIGHTS

Free classes offered at the Body Shop Fitness Center to help women get comfortable lifting free weights with a free five week course that features education with a Nutritionist, Microfit Test, Handouts and training with a Certified Fitness Trainer. Call the Body Shop Fitness Center for details and to set up an appointment at 703.806.3100.

MAX MONDAYS WEIGHT REP COMPETITION

Monthly fitness competitions for women and men to reach your maximum in a specific category. Call Graves Fitness Center at 703.806.5368 or the Body Shop Fitness Center at 703.806.3100 for details.

GROUP EXERCISE CLASSES

Aerobic classes include Step, Zumba, Pilates, Rep Fusion, Spinning and Les Mills Body Pump. 10 week session, \$64.00, drop-in fee \$5.00. Registration and payments accepted at the Graves Fitness Center or the Body Shop Fitness Center.

PERSONAL TRAINING

Tired of working out alone or need direction? We have personal training. One on one or group training can set up a workout specifically designed for you. Call 703.806.5368/3100 for details.

