

8–20. Gyms/physical fitness centers/field houses

a. Description. These facilities provide programs and activities that promote healthy lifestyles.

b. Physical fitness facilities. The terms “gyms, physical fitness centers, and field houses” are used interchangeably in this regulation. Physical fitness programs develop the cardiovascular fitness, strength conditioning, flexibility, and recreation of DOD personnel. Physical fitness facilities are the hub of the installation-level sports and fitness program, access to which is vital to fitness throughout the Army community. Fitness classes and exercise programs/instructions also may be offered in these facilities (see para 12–8, which addresses fees charged).

(1) *New facility placement and designs.* New facilities will be located in or near troop housing areas or in other areas conducive to maximum use.

(2) *Construction standards (design-build).* Physical fitness facilities (building category code 74028) standards include separate office, service, locker rooms (with saunas) and storage areas, and a combination of the listed functional areas/modules below (indoor pools are accounted for separately under building category code 74072, Indoor Swimming Pool):

(a) Gym module, to include indoor multiple purpose courts and spectator area.

(b) Indoor jogging track (one per installation).

(c) Structured activity module, to include racquetball courts.

(d) Fitness module, to include resistance training area and cardiovascular training area.

(e) Exercise module, to include a multiple purpose exercise area.

(f) Administrative office space.

(g) Lobby.

(h) Support module, to include laundry and storage.

c. Fitness extension services. Garrison commanders may use APF contracts for organizational memberships in local commercial or municipal fitness facilities when military facilities are not available or adequate. Examples include a gymnasium, community center, or recreation center complex with running tracks, athletic fields, shower/locker facilities, and swimming pools for aquatic training. Prior to authorizing contracts, garrison commanders will conduct an assessment to confirm that—

(1) Commuting distance to the nearest military installation would cause an unreasonable hardship on affected personnel.

(2) There are no free opportunities in the civilian community where assigned..

d. Youth use. All participants are expected to conduct themselves in a reasonable, responsible, and prudent manner in accordance with facility rules and regulations. Youth may use adult indoor physical fitness centers only under the following provisions:

(1) Soldier programs must not be displaced.

(2) Children 12 years old and under may not use of mechanical cardiovascular equipment, or strength, sauna, or steam rooms or jacuzzi areas at any time.

(3) As a family member, children and youth (15 years old and under), not otherwise prohibited in paragraph 8–20d(2), must be actively participating in the same activity and under the direct supervision of a parent or guardian.

(4) Youth must be a participant in a special program, organized and conducted by CYS, schools, or other authorized youth organizations.

(5) Children of kindergarten age and older will use gender-appropriate showers, locker rooms, and bathrooms.

8–21. Leisure Travel Services

a. Description. Leisure travel is any travel that is not paid for or reimbursed by APFs or NAFs. Leisure Travel Services (LTS) provide information and access for personal travel and travel related services at representative industry or discount prices. The installation LTS manager will be the central information and referral source for leisure travel programs and activities conducted on installations or sponsored by installation organizations or agencies. Functions are listed at figure 8–2. The LTS functions consist of services provided under one or the other of two subprograms: Commercial Travel Services (CTS), and Information, Tickets and Reservations (ITR).