

## **Gymnasium (Fitness Center). FAC: 7421**

CATCODE: 740674

OPR: AF/A1S

OCR: AFSVA, MAJCOM/A1S

Updated: 09 NOV 2022

**1.1. Description.** The Air Force Fitness Center facilitates the readiness, fitness, and morale of Air Force community 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. For further guidance reference see UFC 4-740-02, Fitness Centers, w/ Change 1. Installations with small populations may not include a Fitness Center. In these instances, space shall be provided within Multiple Purpose Recreation Building (CATCODE 740669), see paragraph 1.3.2.1.

### **1.2. Requirements Determination.**

**1.3.2. Administrative Office Space Requirements.** The total number of authorized workspaces shall be limited to number of validated Military, Civilian, and Contractor positions. An updated unit manning document (UMD) obtained from HAF/A1 shall be used to determine number of workspaces. Positions must be validated by programmers and space planners by confirming each is funded in future years. If/when contracted support personnel are utilized, programmers and space planners must ensure contracts authorize admin space.

**1.3.3. Special Purpose Areas.** Table 1.2 itemizes requirements for Special Purpose spaces which are authorized for most RPA units. [Typical] Squadron training areas may not be authorized for Attack Training Squadrons. For these instances, [typical] squadron training areas may be substituted for larger functional areas due to specific training mission, see Table 1.2. Notes for details.

**1.3. Scope Determination.** Table 1.1 prescribes the sizing of Fitness Centers according to Total Customer Base. Table 1.1 shows maximum authorized scope only, not the scope that may be approved.

**1.3.1. Total Customer Base.** The Total Customer Base can be determined by the following:

**1.3.1.1** 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.

**1.3.1.2** 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.

**1.3.1.3** 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.

**1.3.1.4** 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.

**1.3.1.5** 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.

**1.3.2. Other Sizing Factors.**

**1.3.2.1.** For installations with customer base, which is less than 250, combine with community activity center, Multiple Purpose Recreation Building (**CATCODE 740669**).

**1.3.2.2.** Due to higher utilization of overseas facilities, consider adding up to 10 percent to authorized scope for these facilities (including Alaska and Hawaii).

**1.4. Net-to-Gross Factors.** The total Gross Area found in Table 1.1 includes a net-to-gross factor for circulation and mechanical spaces, which has been added in accordance with AFMAN, Category Group 61, Administrative Facilities Overview.

**1.5. Design Considerations.** 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.

**Table 1.1. Authorized Spaces for Fitness Centers.**

Total Customer Base <sup>1</sup>	Category	Gross Area <sup>2</sup>	
		m <sup>2</sup>	ft <sup>2</sup>
Up to 250	Multipurpose Rec Facility	See Note 3	See Note 3
251 to 1,000	Small	4,741	51,029
1,001 to 2,000	Medium 1	5,317	57,229
2,001 to 3,000	Medium 2	5,986	64,429
3,001 to 4,000	Medium 3	6,655	71,629
4,001 to 5,000	Medium 4	7,323	78,829
5,001 to 6,000	Large	7,899	85,029
6,001 to 7,000	Mega 1	8,569	92,236
7,001 to 8,000	Mega 2	9,034	97,236
8,001 to 9,000	Mega 3	9,498	102,236
9,001 to 10,000	Mega 4	9,963	107,236
10,001 to 11,000	Mega 5	10,427	112,236
11,001 to 12,000	Mega 6	10,892	117,236
12,001 to 13,000	Mega 7	11,356	122,236
13,001 to 14,000	Mega 8	11,821	127,236
14,001 to 15,000	Mega 9	12,285	132,236
15,001 to 16,000	Mega 10	12,750	137,236
16,001 to 17,000	Mega 11	13,214	142,236

17,001 to 18,000	Mega 12	13,679	147,236
18,001 to 19,000	Mega 13	14,143	152,236
19,001 to 20,000	Mega 14	14,608	157,236
20,001 to 21,000	Mega 15	15,072	162,236
21,001 to 22,000	Mega 16	15,537	167,236
22,001 to 23,000	Mega 17	16,001	172,236
23,001 to 24,000	Mega 18	16,466	177,236
24,001 to 25,000	Mega 19	16,930	182,236
25,001 to 26,000	Mega 20	17,395	187,236
26,001 to 27,000	Mega 21	17,859	192,236
27,001 to 28,000	Mega 22	18,324	197,236
28,001 to 29,000	Mega 23	18,788	202,236
29,001 to 30,000	Mega 24	19,253	207,236

NOTES:

- 1) Total Customer Base includes 100 percent of active-duty military (overseas & OCONUS includes DoD Civilians), as well as 50 percent of all dependents ages 13 and older; see Para. 1.3.1.
- 2) For facility sizing factors, see Para. 1.3.2.
- 3) Provide via CATCODE 740669, see Para 1.3.2.1.