The Department of Family and Morale, Welfare and Recreation (DFMWR) at Fort Campbell, Ky., recently unveiled a new multi-functional physical fitness center/athletic complex designed to provide programming flexibility to meet the needs of today’s Army.

The $16.4 million, 67,484-square-foot Physical Fitness Center (PFC) project was paid for with FY12 Military Construction Army (MCA) funds, and came in under budget, officially opening on April 14. Architect Gresham, Smith & Partners and construction company Paladin & Hoar Construction worked within the Physical Fitness Center template provided by the Army Corps of Engineers, with the ultimate goal of maximizing space available for programming.

The facility was designed to meet Leadership in Energy and Environmental Design (LEED) Silver standards, and includes features such as solar hot water heating, water-efficient fixtures, energy-efficient lighting, and natural day lighting. Construction materials also included locally manufactured and recycled materials.

Main program areas inside the facility include a main gym with four basketball courts; a small multipurpose gym; cardio and circuit areas; a free-weight area; a turf training area; an exercise/aerobic room; a 40-foot climbing wall; a running track; an exercise balcony; a fitness-assessment area; a classroom; and locker rooms. Outdoor areas include two 300-foot softball fields (National Softball Association standard), and one multi-purpose athletic field measuring 360 feet by 200 feet. DFMWR is also planning to add a 1.6-mile walking trail in the near future.

According to Sports and Fitness Specialist Tony Crawford, the two-story facility utilizes a modular design to maximize space, and provides programming and facility flexibility for years to come.

“The open-concept dynamics of this state-of-the-art Physical Fitness Center/Athletic Complex is designed to operate much like a multipurpose civic center, so we can now schedule everything from Army morning physical training and classes to installation special events and activities to a community emergency shelter, if needed,” explained Crawford, who takes care of the daily business tasking of the DFMWR Sports & Fitness Office, and serves as project representative for the installation. “The facility/complex in theory can accommodate up to 17 different activities at one time. This is possible due to the utilization of mobile room dividers and bleachers, for example, which allow us to create two and three workable program spaces from one larger area.”
With over three decades of experience in MWR, and having been involved in the development of many Army fitness centers — including the Army’s overarching Functional Fitness program — Crawford said that throughout the design of this physical fitness center/complex project, the objective has been to maximize all of the facility’s floor and wall space capabilities within the standard design policies.

“The Army Corps of Engineers provided three different design packages to choose from,” he noted. “The design package chosen provided an additional 2,685 square feet to the footprint, and more than 300 feet of valuable length of wall space, ideal for use in our Functional Fitness program. In addition, the facility/complex was designed to accommodate an assortment of Functional Fitness Areas (FFAs). This design package also provided two larger regulation softball fields and a larger multipurpose athletic field.”

In addition to the multipurpose courts and climbing wall on the first floor, FFAs on the first floor begin with the fitness room, which offers seven areas for training:
1. Free-weight isolation muscle group area
2. Selectorized machine circuit area
3. Heavy weight lifting area
4. Multipurpose half-rack area
5. Free-weight/FFA Transition area
6. Additional FFA
7. Cardio area

The fitness room has approximately 18,000 pounds of weights and 64 assortments of bars/attachments and benches, including the latest equipment from leading providers (see At A Glance). For strength, there are 22 Life Fitness/Hammer Strength benches, as well as back extensions and glute-ham units. Also available are two sets of fixed barbells from 20-110 pounds, two sets of EZ-Curl Bars from 20-110 pounds and five sets of double-tier dumbbell racks from 5-150 pounds of dumbbells.

For functional fitness, the fitness area has a lot to offer, including Life Fitness/Hammer Strength HD Elite Power Racks with Functional Fitness Capability and HD Elite Half Racks. Also available are TRX 10 station trainers/kits, kettle bells, Versabars, plyometric boxes, medicine balls, Bosu balls, agility ladders, aerobic steps, hurdles, jump ropes, power training ropes, VersaFit logs, strength bands, exercise balls, foam rollers, ab-wheel and more.

Underneath all of this new fitness equipment is Robbins Pulastic Classic 110 ECO surfacing, which provides a seamless multipurpose sports floor. In addition, Robbins Eclipse Floor System – Northern Hard Maple was used in the main...
bell’s DFMWR oversees the Eagle Challenge Fitness Tour (ECFT). “It was a vision of our Garrison Commander, Col. David Dellinger, to provide Fort Campbell, along with the tri-city community, with the opportunity for fun, fitness and lifestyle enhancement through planned events that will help improve overall physical fitness and mental resilience,” Crawford explained. “The ECFT is a series of 10 events annually, with six alternate events divided between the area tri-city communities, with awards given out at the end of the year. This year, the new fitness center was the installation’s host site for the USO 10-miler, 5K and Fun Run event, and will host this year’s Week of the Eagles (WOE) basketball and volleyball competition.”

DFMWR also provides programing, facilities and equipment for Wounded Warriors or those recovering from or rehabbing injuries. “DFMWR established physical therapy rooms in the installation’s physical fitness centers in 2008,” noted Crawford. “Blanchfield Army Community Hospital’s unit physical therapies use the rooms and schedule activities in the facilities as well. The installation’s Wounded Warrior Branch also schedules activities with Fort Campbell’s (DFMWR) Outdoor Recreation facilities, physical fitness centers, and athletic ball fields for their programs. The new physical fitness center/athletic complex will support physical therapy and the Wounded Warrior programs as well.”

The success of the project, Crawford pointed out, can be attributed to the teamwork displayed by all those involved, from the regional and local Army Corps of Engineers to the installation (Department of Public Works) to headquarters/installation DFMWR representatives. “The objective with the new facility/complex is to provide an array of quality programs and services for soldiers and the cross-population we serve.”

MULTIFACETED PROGRAMMING
From functional fitness training to group exercise classes to programming for the entire Fort Campbell community, the new fitness center will offer multifaceted options and opportunities for soldiers, civilians and retirees and their families to stay fit and lead a healthy lifestyle.

One of the key programs run at the new fitness center is the Civilian Wellness and Fitness Program, and staff members provide fitness assessments, which include strength, cardio endurance and flexibility, and help participants reach their goals. Popular fitness classes include Zumba, Spinning and Circuit Training. There are currently five personal trainers on staff, each with a minimum certification from an accredited organization, including The Cooper Institute, as well as CPR/First Aid certification.

In addition to the fitness programs and classes, Fort Camp-