

Fort Hood Gymnasium Equipment

CARDIO BULK BUY UPDATE as of 11FEB16:

- Fort Hood received 43 treadmills in January 2016 to replace equipment that has exceeded its lifecycle. Equipment was replaced at the following facilities: 20 – Abrams; 10 – Kieschnick; 4 – Iron Horse; 3 – Grey Wolf; 6 - Applied Functional Fitness
- Lifecycle replacement equipment in Burba Physical Fitness Center is as follows: 10 Recumbent Bikes; 6 Upright Bikes; 2 Elliptical; and 1 Adaptive Motion Trainer (AMT) 835 Series
- Lifecycle replacement equipment in Harvey Physical Fitness Center as follows: 7 Recumbent Bikes; 7 Upright Bikes; 4 Elliptical; and 1 Adaptive Motion Trainer (AMT) 835 Series
- Self-directed recreational exercise equipment (which includes the WELLBEAT Exercise System) has been installed in the following facilities: Abrams, Applied Functional Fitness, Burba, Harvey, Starker and West Fort Hood.

Leaders are welcome to visit the facilities and receive a demonstration on the new equipment.