

# KSC FITNESS CENTER YOUR PATH TO WELLNESS



As an Integral Arm of the Health Education & Wellness Program (HEWP), the Kennedy Space Center Fitness Center (KSC FC) is committed to enhancing employee well-being through multi-dimensional programs and services. Our goal is to encourage physical activity, prevent illness, and promote overall health and wellness.



## MEMBERSHIP BENEFITS

- All employees with a KSC or CCSFS badge can enjoy a **FREE MEMBERSHIP**
- **DIVERSE AMENITIES AND CERTIFIED FITNESS STAFF:** Your trusted guides on the fitness journey
- **EQUIPMENT:**
  - Treadmills
  - Ellipticals
  - Stair climbers
  - Rowers
  - Versa climbers
  - Various styles of stationary & recumbent bikes
  - Strength training machines
  - Free weights (dumbbells, barbells, squat rack, etc.)
- **GROUP EXERCISE CLASSES**
- **LOCKER ROOMS WITH SHOWERS**

**THE NEIL ARMSTRONG OPERATIONS & CHECKOUT BUILDING (O&C)  
AT M7-0355, ROOM 1514**

**Open: Monday - Friday · 5:30 a.m. to 7 p.m.**  
*Closed Weekends and Federally Observed Holidays.*

## GROUP EXERCISE CLASSES

FITNESS CENTER (O&C ROOM 1531)

<b>MONDAY</b>	11:30 a.m. - 12 p.m.	<b>Buffed &amp; Balanced**</b>
	12 p.m. - 12:30 p.m.	<b>Stretch**</b>
<b>TUESDAY</b>	11:30 a.m. - 12 p.m.	<b>Buffed &amp; Balanced**</b>
	12 p.m. - 12:30 p.m.	<b>Stretch**</b>
	4:45 p.m. - 5:15 p.m.	<b>Circuit Training*</b>
<b>WEDNESDAY</b>	6:45 a.m. - 7:15 a.m.	<b>Yoga Flex*</b>
	11:30 a.m. - 12 p.m.	<b>Buffed &amp; Balanced**</b>
	12 p.m. - 12:30 p.m.	<b>Stretch**</b>
<b>THURSDAY</b>	11:30 a.m. - 12 p.m.	<b>Buffed &amp; Balanced**</b>
	12 p.m. - 12:30 p.m.	<b>Stretch**</b>
	4:45 p.m. - 5:15 p.m.	<b>Circuit Training*</b>
<b>FRIDAY</b>	11:30 a.m. - 12 p.m.	<b>Buffed &amp; Balanced**</b>

*\*In-Person ONLY \*\*In-Person & MS Teams*

Please note: Class schedules are subject to change, for more information please visit the Kennedy Community or join the KSC Fitness Center on MS TEAMS for real time updates.



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**FITNESS CENTER  
SCAN NOW**



**HEWP  
SCAN NOW**



Whether you're new to exercising or seeking to revamp your routine, our staff is here to help.  
**Contact us at (321) 867-7829 or KSC-DL-MES-Fitness@mail.nasa.gov**