

# Fitness Assessment Cell

All PFAs are scheduled through UFPMs

## Hours of Operation:

Fitness Assessment Cell  
Monday-Friday: 0800-1600  
Holidays & Family Days: Closed

# DECEMBER 2023

**Phone: 687-2869**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

				<b>1</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program
<b>4</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>5</b> 1500- UFAC AEROBIC ROOM (FITNESS CENTER)	<b>6</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>7</b> 1500-UFAC AEROBIC ROOM (FITNESS CENTER)	<b>8</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program
<b>11</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>12</b> 0900-UFPMA AEROBIC ROOM (FITNESS CENTER)	<b>13</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>14</b> 1500-UFPMA AEROBIC ROOM (FITNESS CENTER)	<b>15</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program
<b>18</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>19</b> 0900-PTL-B AEROBIC ROOM (FITNESS CENTER)	<b>20</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>21</b> 1500-PTL-B AEROBIC ROOM (FITNESS CENTER)	<b>22</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program
<b>25</b>  <b>CHRISTMAS DAY</b>	<b>26</b>  <b>FAMILY DAY</b>	<b>27</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program	<b>28</b> 1500-PTL-B AEROBIC ROOM (FITNESS CENTER)	<b>29</b> 0800 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program 2000 – Fitness Improvement Program

# Whiteman Fitness Assessment Cell

## FITNESS IMPROVEMENT PROGRAM

### **Fitness Improvement Program: By FAC Team**

Physical conditioning program that highlights total fitness to include aerobic conditioning, strength and flexibility training to improve Physical Fitness Assessment performance.

## UFPM

### **Instructor: FAC Team Location: Fitness Center Aerobics Room**

A class for those who are appointed by their unit commander. Must be an NCO or above. Additional UFPM's may be a lower grade if they are working directly under the supervision of an NCO. This class will go over the requirements and responsibilities of what a UFPM will consist of to include ensuring members are scheduled for PFA's, informing members of FIP requirements and serving as a liaison between the unit commander, UFAC and FAC.

## UFAC

### **Instructor: FAC Team Location: Fitness Center Aerobics Room**

A class for those appointed by their unit commander that opted to perform PFA's internally. All individuals must be an NCO or above. This session will go over the duties and requirements of how to be a UFAC, oversee operations and ensure all PFAs are administrated in accordance with DAFMAN36-2905.

## PTL-B

### **Instructor: FAC Team Location: Fitness Center Aerobics Room**

Do you want to become your squadron representative for your unit's PFAs? Make sure you have your Physical Training Leader Advanced certificate, Cardiopulmonary resuscitation(CPR) certificate, and maintaining a minimum of satisfactory Fitness Assessment scores, to be eligible to become your unit's PTL! On PTL-B training day, please bring a copy of your CPR certificate or 593 training roster.

## CPR/AED

### **Instructor: Varies Location**

A class designed for those who wish to obtain their CPR certification. The purpose of the course First Aid/CPR/AED program is to help participants identify and respond appropriately to cardiac, breathing and first aid emergencies and to know how to give immediate care to a suddenly injured or ill person until more EMS arrive and take over. You will sign up by simply emailing [fac2@us.af.mil](mailto:fac2@us.af.mil). The class is ONLY opened to the first 8 people who sign up.

[HTTPS://WAFBFC.SKEDDA.COM/BOOKING](https://wafbfc.skedda.com/booking)

