

Outdoor Fitness Area Opens at Pope Field Fitness Center

Pope Field Fitness Center at Fort Bragg, N.C., opened its new outdoor fitness system on March 1, 2011, giving youth ages 13 and older and adults of all ages the opportunity to get a full body workout in the great outdoors. The five-station ENERGI system from Playworld Systems, Inc., is a total body fitness system with three levels – basic, intermediate and advanced – providing different workouts that a person

and using the area. More people are running and exercising outside as well.”

The outdoor system also features a Mobile Personal Trainer, a new smart phone technology that lets users access free instructional exercise videos – one video for each of the 120 exercises – and workout tips directly on their mobile device.

When the weather does not permit outdoor exercise, the Pope Fitness Center provides great fitness equipment and programs as well as resurfaced basketball courts with the Army MWR logo in the center of the gym.

“We are also replacing all of our fitness equipment pads with new ones that were created and sewn by someone on post,” notes Drake. “They are very nice, and represent the Army colors, as Fort Bragg has now taken over the facility. We also did a partial reset and reconfigured our weight room and brought in all new dumbbells and dumbbell racks, and we are in the process of replacing all of our weight plates and trees with Hammer Strength equipment.”

The fitness center also runs anywhere from 140-150 aerobic classes a month, 7 days a week. “We always have classes running from 6:30 am till night,” notes Drake. “Zumba is our most popular class and we had to add more classes to meet the need. Many times we exceed the number we can fit in our studio, and have lines waiting to get in 6 days a week, two classes per day.”

—GRF



can progress through.

Located near the fitness center, adjacent to the track, the new outdoor fitness system is getting good usage. “We have a variety of people using the system, from servicemembers and retirees to spouses and youths,” notes Korynn Drake, Pope Field Fitness Center manager. “Each one of the stations are close but there is ample space between stations and it really is perfect for a squadron or a platoon to come as a group to rotate through each station, and progress and advance through the different difficulty levels.

Set up on a 36-foot by 42-foot concrete pad outside the fitness center, the five stations include Static & Dynamic Stretches; Pulling, Back, Angle Bar & Hurdle Exercises; Squat, Dip, Push-Up & Balance Exercises; Power & Agility Step Exercises; and Core, Torso & Balance Disc Exercises.

Each of the five stations offers three levels of intensity and 24 exercises, so that everyone from beginners to fitness buffs can custom-build a progressive workout regimen that pushes them to their personal best. ENERGI combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body’s major anatomical systems and exercises nearly all of its 206 bones and 600 muscles. Developed in partnership with Certified Strength and Conditioning Specialist Michelle Simons, the five stations combine to offer 120 total exercises that promote all four areas of fitness: cardiovascular and muscular fitness, flexibility and body composition.

“It is easy to use and there are placards at each station giving all of the info on how to do each exercise, for how long, what intensity, repetitions, resting period and what muscles are being used,” explains Drake. “Now that the weather is improving, we have had more people outside and exercising

