

**Transcript Episode 10: Base Fitness Center Assistant Director
Dave Peruzzi**

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Hello and welcome to the Above the Rest podcast, a podcast all about the 10 Force Support Squadron at the Air Force Academy. I'm your host, Taylor Burnfield, and for this episode, I spoke to Dave Peruzzi, who is the assistant director of the base fitness center. He spoke to us about everything the fitness center has to offer from the indoor pool to pickle ball classes, basketball courts, weight machines, and more. You can learn more about the fitness center on the 10FSS website or on their Facebook page by looking up US Air Force Academy Base Fitness Center. Thank you for listening and hope you enjoy the show.

Well, hi Dave. Thanks for coming up to the studio today.

Hello. I'm glad to be here. Thank you for having me.

And you are the assistant director of the fitness center?

Yes, I am.

And how long have you been with the fitness center?

Oo, probably going on five years right now. Yeah.

So, and what is your background in fitness?

Yeah, I have I have been with the fitness center for five years um with 10th FSS and I've also been with the other fitness center at the Cadet Fitness Center for about three years. So, I've been doing it for a total of about eight years. Um, I do have a lot of experience in um working with um you know um different kind of clientele, different kind of age groups, um different kinds of equipment. Um I do try to give out um uh the best advice I can possibly. I am not a personal trainer just for you know for clarification but I do know a lot of stuff and um I think the main thing is to find the individual find what they're trying to do and what their goals are but also safety should be

the the prime thing or the prime target of what um a person is trying to do.

Absolutely.

Um you know um I think it takes a lot of courage for someone to go to the gym. Um there's a lot of stereotypes. A lot of people do get um a little timid, a little a little afraid when they're first trying to go. Um one thing it's it's kind of weird because like um you know how um the start of the of of after the new year is you have the new year resolution where they come in and they stay in the gym for like you know a couple days and then they quit. Um you don't have to wait till the beginning of the new year to make this. You can do it whenever you want to. I mean, and and just for point of fact, after the the 1 of January or the second or third of January, when we come back to work, the place smells like bang because everybody's all banged up and they're all hurt and muscles are pulled and everything else and you hear the moans and groans. But, um, no, I I I think I think fitness should be a very important part of somebody's life. um the way we are in society right now um you know with the health conscious and how um we operate um the gym we have u the 10th FSS they put a lot of time a lot of effort a lot of money into trying to find state-of-the-art um equipment um geared towards um all different kinds of individuals um we have we have the retirees we have the active duties we have the younger prep school kids um so they they um like Ron Walker um Dave Gray who used to work there too. Um they've done a really good job of trying to utilize the space and the amount of equipment that has been used here. Um if you go up to a gym like the CFC, the Cadet Fitness Center, um that is geared for younger um a younger group, um when you're looking at retirees, when you start getting in my age, like in your 50s, 60s, um you know, people want to use Selectorize and Selectoriz is just you put the pin in and that's where the weights are because they don't want to be lugging around a lot of weights. And I think um you know um like I said, Ron does a really good job of um catering to everybody's needs, but we still have to understand that um it it is a fitness center. We are on USAFA. Um you know, we still have an active duty population. Um the fit to fight thing is a real thing. It's not going away. um your fact managers, all the PT

testing that we're that we're doing, all the um um equipment that we're trying to buy to help um make us more fit to fight to when when times are like we are right now with the wars. Um it's going to help them out and that's the priority. These are the priority. These are the people that we have to prioritize. So yeah.

What uh programs do you all have coming up this summer?

Um well this summer we have um quite a little bit um right from the get-go when the summer starts kicking off. Um let's just talk about the pool for an example. Um um Chris Gesterling is the pool manager. He does a great job. He does lessons um CPR training and everything else. Um uh the pool is open from like Monday through Friday from um 06 to uh 19:30. Saturdays and Sundays it's open from 07 to 6:30. Family swim, you know, for the um for the young kids, especially when they get out of school, you know, parents want to get them out. They don't want to have them cooped up in the house all day. Family swims are Saturdays, Sundays, holidays, and that's from 12:30 to 15:30. So, um they can go in the they can go in the pool and just have a good time and like run around and play with toys and whatever they want to do. Um all the other times is going to be mainly for um lap swimmers, you know. Um but some of the programs that um Chris works with is um he has the um the um the COSA uh which is a swim team. Um so they can have uh kids come out and join the swim team. Um, I do have some information if you want to get a hold of Karen uh Reader. Uh, her number is 719-6441987. It does cost uh some of the training that she does. And then um another program we have is um um the scuba classes. Again, this um this this is a cost that you have to pay for, but you can get a hold of um Aaron. His number is 71982104 0549. um Girl Scouts and Boy Scouts. That's becoming a big uh um a big uh popular return uh for um for this organization. Um you can contact them at uh 719333 uh 9140. Um they do a lot of um you know safety swimming and they're getting their merit badges and and um you know water survival and stuff like that. So it's it's actually a good program for um for some of these young kids. Um active duty um National Guard, we have the reserve PTS. they can go in there um and um you know if they want to make a schedule for you know um just call the front counter or call the pool at 719-333 uh

9140 also um and I think that's a a good point that Chris wanted to point out. Um PT doesn't have to be like we have to go out on the track and run every day. These guys can come in the pool. Um they can um they can lap swim. They can do stuff. They can they can do um they could be racing each other. They can they can have good stuff because the the the pool is a great, you know, therapeutic um you know thing to to help out especially when you're like you have sores and stuff that's or sores. I mean like you're sore, you're banged up a little bit or you have some muscle pulls. It it really helps um out. Um Chris does last thing he does offer some lifeguarding classes. Um again his number is uh 719-333 uh 9140. Um the summer does get a little packed. We do have a lot of programs that we have to help out with the cadet wing and um the train. These are graduation requirements. So we do have hoist, we do have um water survival. We do help out the Navy. So um yeah, so some of that stuff um um and um they do have priority over over any of the time. We will be having a schedule be coming. that's coming out here real soon. Actually, marketing is doing a great job. They they always put together the schedule for us and we put it on the website. Um Jill Stevens and Christina um Davis, uh they do a great job getting all that out and getting that information to the public so people don't come here and they're now they're mad because you know the cadets from the pool or something like that. So um other programs we have is um Gaboo. He is my sports director um out there. His number can be reached at 333 um 4567. Right now the summer's coming up. We got softball. That's like the big one. We got a quite a quite a few teams um that are coming out here. And then also in June, we got Flat Football that's that's going to be kicking off. Um uh again, you know, it's a base wide. You know, people can come if they don't have a team, just say, uh me and you want to get on a team and we don't have a squadron, we can go into a players pool and they'll they can pick us up and we can do that. So, and um as as um for for Gabe for inter murals, it's seasonal like you know um we're going to be playing the outside sports here in the in the summertime and then winter time. We do basketball and then we do the volleyball, you know, and drop in pickle ball, stuff like that. But yeah, there's a lot of programs that he does offer. So, so cool.

And you all have personal trainers.

Oh, yes, we do. Um, yeah, that's and that's a that's a great question that um, you know, and a lot of times a lot of people are going to call up especially at the beginning of the new year. Um, you know, and um, and sometimes uh, you know, uh, you know, I don't want to say bikini, but like swimsuit trunk season's coming in. So, a lot of people want to get going with that. So we yeah we do have uh personal trainers, we do have massage therapists. Um you know and um they do cost but there there are package deals. They can do one session, they can do three, they can do five, they can do 10. Um you know of course 10 you get the better discount everything else. And um they will work around your schedule. Um you know um as long as you um you guys are communicating back and forth. Um I got Robin, I got Kayla, I got Gabe. Um these are kind of all my personal trainers that will help out. And anytime if you even come up to the gym, you can find any of us um and um we'll help you guys out. Again, we're not personal trainers, but we're um um you know, we're knowledgeable how the equipment is used. We can give you, you know, tutorial of of how to do everything else. And um you know, we'll even put together a program for you if you need it, you know, and it's up to it's up to the individual. >> Yeah. And I saw you all have a massage therapist out there now. >> Yeah, we do. Um Gina, she's actually um been doing really really well with um her clientele. Um uh Gina's going to be somebody that you'd um once you get her information, you want to call her and schedule it with her because um she is stationed out in Peterson, but she does come to uh to uh our facility and she does have a little bit of clientele. So

Okay.

Yeah. Um I don't have the numbers off the top of my head.

That's okay. Yeah, I know we have it on the fitness center website.

Cool.

Yeah.

Yeah. um uh some of the uh some of the stuff we have for the for the fitness center. If I can just have a moment to explain it all.

Um our fitness center is a 24-hour fitness center. That means you can come in the middle of the night if you want to. You can come early in the morning. Um it's 7 days a week. Um you know, this during the holidays, anytime, snowstorm, it doesn't matter. As long as you have uh 24-hour access, you can get into that building and you can work out. Um we do have cameras, so you are safe, you're in a safe environment. Um there's always people in there. Um so yeah it's it's a it's a it's a really good I mean we have we have people coming from Petersona um Fort Carson we have a lot of people coming into this uh this facility and using it so it it's it does get a lot of use out of it. Um some of the um equipment we have we we we have three floors in this facility. Um the main floor uh that's primary where the um most of of the equipment is for the for your lifting. Um all of our equipment kind of is state-of-the-art. It is kind of the top tier of you know when it buy of course you know age the amount of use of of um the equipment. Um it does factor in and you know we have to replace parts or we can replace them ourselves. Um we do have an aerobic room. Um all our classes are free and that goes for spin and that goes for all our um aerobics instructors. Um you got Zumba, you got uh bar, you got hit. Um there's been a lot of talk with like again the fit to fight that a lot of squadron pts are going to try to transition and if they can make the time they're going to come to these classes to work out and um because it's it is an hour class and some of them can be pretty intense. Um you know but again if if members wanted to come that are active duty um they have to share it with the a lot of retirees that that were coming in here and trying to stay in shape.

Yeah. So, um, we have a functional fitness room. That's where kind of all your powerlifting um areas are. You know, the guys that are deadlifting and, uh, squatting and doing like, um, you know, uh, a little bit of CrossFit, um, you know, and that's where, you know, a lot of them will get, you know, all the bumper plates and all the all that, uh, all that powerlifting

kind of moves, you know. Um, we do have two raetball courts. You can always rent them out or not rent them out, excuse me. You can reserve them. Um, you know, you can play volleyball, you can play basketball, you can, um, I mean, we got parents in there that are working with their kids for baseball and stuff like that, you know, as long as the ball's soft enough. So, >> um, um, the two, um, uh, we have two basketball courts. One downstairs on the on the bottom floor in the ground level, that's the, uh, prep school, that's the, um, NCAA regulation um, courts. And then we have the main one upstairs. Both of them have um they're both fullsize courts and they also have the uh automatic volleyball system now where you turn the key and the net actually comes down and it can retract up. So, it's been um it's actually been a been used a lot. We have a lot of high school teams. Um the last couple weeks we've had a lot of tournaments for um volleyball from the high school teams in the local area like you know um you know district 20 you know um they'll come up and they'll they'll play and you know they'll have a good time. Um, you know, we just hosted that um >> um the the the military uh basketball association tournament we just had.

Um that was 16 teams that came in and you had teams from Rammstein, you had teams from I think Aviano. Um a lot of a couple local teams then you had teams like you know from Florida, from Arizona and came in and and it was really good. It was really good competition. Um men's and women's. Um I mean Montel Williams was there. He came out to visit.

We didn't know that either. He just popped in one day and Ron's like, "Hey, Martin Williams is here." I'm like, "Get out of here." And there Yeah, there he was. So, uh,

that's awesome.

Yeah, it was it was pretty cool. Um, yeah, and it was it was a great turnout and um and it kind of runs it runs itself, you know, and uh it was open to the public. People can come in there and watch it. There was like no charge or anything else, you know. Of course, if can't get on base, that's that's that's your problem, not not a day problem. So, get your ID card. Um, but uh

yeah, but um no, it it was it was a really really good turnout. um you know um you know some of the other you know stuff I mean us being at the fitness center you know we're part of 10th FSS and I know I'm hopping all over the place here but we do try to support um um all our other agencies that are within our squadron if outdoor wreck needs a hand we're going to try to help them out if um if marketing needs a hand if um you know pretty much anybody needs something we're going to try to help them as best we can with the manpower you know even if uh if it's just muscle or if it's just a you know help them out and it and it works talk. It kind of unifies us as a as a squadron, you know. It brings us closer, tighter, and um and we all like each other. We all get along.

I don't know if anybody likes me or not, but if you don't, that's your problem. That's it's not a day problem. That's all good. Um where was I on my little list here? Oh, um pickle ball. Um

yeah.

Yeah, pickle ball's been really popular. Um and it's been it's been very competitive. We have quite a few of them. On Mondays, we do have this drop in um where a couple of the um retirees, Chris Severs, if you want to reach out to him and John, they're actually teaching a class of Yeah. Um we did have it out um a listing, but now it's like the same thing, but they'll have about 20 30 people in there >> for two hours, and they're teaching them just the fundamentals of the game, serving um the rules of the game, and um and it's been a great showing, and we've we've had a really good time with that. um we try to accommodate them as much as we can. Sometimes, you know, um the scheduling will cross because of the cadetses that we have to or active duty that are are using it and they're the priority, you know. So, um we do have a parent room um for um any parent or guardian that comes in here and has little little ones um they can still work out and the kids can sit in there and watch, you know, Disney Channel or Nickelodeon or um or anything else. And um it's a controlled environment. um you know um you know the guardian who's watching the the child is um just right there, but they're still getting a a really good workout.

Yeah.

And um never had any problems in the 5 years I've been here. All the kids are good kids. They they be they well behaved. Um you know um the fitness center unfortunately is not a daycare. Um, so there's times where, you know, you see a little kid like running around, you're like, you know, you might have to corral them a little bit, but even if they want to step out and a kid's a little bit older, maybe like five or six, um, they can go play basketball or something. They could go shoot the ball around or something like while their parents are in there working out. They're, like I said, they're good kids.

Yeah.

Um, you know, um, just trying to promote a healthy lifestyle for, you know, a busy parent guardian in this time. And, you know, um, so we have the standard weight room. Uh me and we got a lot of pieces of equipment in there. Like I said earlier, we do have selector, we have plate loaded, we have your regular weights, uh cable machines, all different kinds that'll that'll get you, you know, big about I mean, we got we got so many dumbbells in there. I think we're ranging from 2 and 12 to um uh 120 to 125 um pounds.

Yeah, dumbbells. Yeah. So, and yes, I do use them some from time to time. Throw that out there. So, but uh but uh yeah, um yeah, you know, but uh yeah, it's you know, it's really good. I'm not recommending going super heavy if you're coming in at like 2, three in the morning if you don't have a spotter. You know, safety is key.

So, but um

you know, and uh and and the weight room does get crowded. Um you know, some peak hours um pretty much during the school year from 3:30 to 6, there's a lot of people in there. I mean, so, you know, but if you can get in there, um, early in the morning, um, like you were mentioning earlier, 5 to 6, uh, or 6:00 to 7:00,

it is a good time. Um, you know, you got people in there, but, you know, it's there's enough in there for you to get a good workout in there. Um, believe it or not, um, lunch hour has been a little on the lower side really. Um yeah, and I I think what it used to be um the the cadetses now have mandatory um um new meal formation and I think everybody has to go to it.

So it kind of pulled back a little bit on the uh on the amount of people in there. So it's also that's it's a good time of going here. The whole FSS goal is I mean we're just customer serviceoriented. we have to um you know try to make these guys uh stay at the fitness center or anywhere um more as comfortable as they possibly can be and and have a joint experience. So

yeah, absolutely. Well, thank you so much Dave for coming up today and speaking with me.

Okay.

And yeah.

Yeah. Thanks for having me. You know, it's been it's been really cool. On a letter, No, I don't know. I want to say no. Everything is cool. Uh this is Dave signing off. Or is that what we say?

No, you don't have to unless you want to.

I'm signing off.

Okay. Thank you.

Thank you again for listening and be sure to stay up-to-date on everything happening at the support squadron on our website, usafasupport.com, and our various social media profiles on Instagram, Facebook and YouTube.