

Keep FIT at the Convention

The IAFF is providing a full gym for delegates and guests to get a daily workout as well as an opportunity to visit with premier exercise equipment manufacturers. You will also have the opportunity to get a full WFI fitness evaluation or get your body composition and blood pressure evaluated. In addition, several spinning classes will be offered.



IAFF Gym Hours

Sunday thru Thursday
Friday

5:30 am to 5:30 pm
5:30 am to 9:00 am

Wellness/Fitness Class Schedule (in Amazon I & J)

Cycle Spinning Class

6:30 am to 7:30 am
3:30 pm to 4:30 pm
5:30 pm to 6:30 pm

Monday - Wednesday
Tuesday
Wednesday

Rio Convention Center
Tropical Room