

104th FORCE SUPPORT SQUADRON

LINEAGE

STATIONS

Westfield, MA

ASSIGNMENTS

COMMANDERS

HONORS

Service Streamers

Campaign Streamers

Armed Forces Expeditionary Streamers

Decorations

EMBLEM

EMBLEM SIGNIFICANCE

MOTTO

NICKNAME

OPERATIONS

The gym facilities here at the 104th Fighter Wing, well there have been some major renovations and changes. In the beginning of November 2011 an \$89,000 renovation was approved to include knocking down walls to give us more space a new \$10,000 gym floor along with new lighting and fans. Over \$10,000 was put into a new sound system which includes a new CD player, iPod docking station, speakers and four, 46' inch flat screen TV's with wireless capabilities. Over the past two fiscal years more than \$51,000 was spent on new gym equipment to include new treadmills, a smith machine, assisted pull-up/dip machine and rowing machine, among others. We have also created a space in the corner where a sit up bar will be mounted against the wall so Airmen can practice their sit-up's, push-up's and now there is room for stretching. Over the next

few years we will be working hard to replace any of the older equipment still left and hopefully add a few new pieces. Other tools are also being put into place. The fitness committee is looking for any Barnes personnel who are certified trainers or fitness instructors that might want to provide classes on our UTAs. We would like to offer such classes as how to use the gym equipment or proper form. We are looking to create a list of certified trainers or fitness instructors who can help Airmen who are seeking advice on physical fitness whether it be someone who is new to working out or someone looking to add to their skills. 2012

Air Force Order of Battle

Created: 10 Oct 2010

Updated:

Sources