



*Alternative
Fitness Facilities*



RUMPEL FITNESS CENTER
FORT MCCOY WISCONSIN

**Renovations
and
Alternative
Fitness
Facilities**

Hours of Operation

BLDG 1395

OCTOBER – MARCH

Mon - Fri: 5 am - 6 pm | Sat: 6 am - 2 pm
Closed Sunday and Federal Holiday Weekends

APRIL – SEPTEMBER

Mon - Fri: 5 am - 8 pm | Sat - Sun: 6 am - 2 pm
Closed Federal Holiday Weekends

24/7 ACCESS AVAILABLE

NOTE: Those with 24/7 access to the Rumpel Fitness Center will have to re-apply for the 24/7 access system in Bldg 1395. The accounts are not linked.

BLDG 221

OCTOBER – MARCH

Tue - Wed - Thu: 11 am - 4:30 pm

APRIL – SEPTEMBER

Mon: 5 am - 1 pm | Tue - Thu: 5 am - 4:30 pm

Fri: 5 am - 1 pm

Closed Weekends and Federal Holiday

BLDG 1783

Available for reservations in the Spring of 2023. Reservations can be made at BLDG 1395 during regular business hours.



**FOR QUESTIONS OR ADDITIONAL
DETAILS, PLEASE CONTACT US**

Building 1395
608-388-4475

MWR Headquarters
Building 1668
608-388-2507



BLDG 1395

West Eaton Road



BLDG 221

East G Street



FREQUENTLY ASKED QUESTIONS

Q: WHEN WILL RUMPEL FITNESS CENTER CLOSE FOR RENOVATIONS?

A: Renovations will begin in November 2022. Rumpel Fitness Center will close October 24, 2022 in order to give us time to move into our secondary fitness facility, BLDG 1395, and prepare for the renovations to start.

Q: HOW LONG WILL THE RENOVATIONS LAST?

A: Renovations are estimated to last 12 months. We are planning to open the new and improved Rumpel Fitness Center in the Fall of 2023.

Q: WHAT KIND OF RENOVATIONS ARE THEY DOING?

A: The renovated Rumpel Fitness Center will have an open floor concept, natural lighting, improved airflow, updated locker rooms, and a new pool – just to list a few of the highlights. The renovations will create a modernized, energy efficient facility.

Q: WHERE WILL I WORK OUT WHILE RUMPEL IS CLOSED?

A: We will have 3 facilities available to use. Please refer the map on the back of the brochure for building locations.

- BLDG 1395 will be fully outfitted with the equipment from the Rumpel Fitness Center. It is located by the outdoor track on Fort McCoy.
- BLDG 221 will be an annex to BLDG 1395 for peak training times and fitness classes. It is located in the north corner of Fort McCoy, down the road from the central fuel station. BLDG 221 will have limited hours and limited equipment.
- BLDG 1783 will be available beginning in the Spring of 2023 for Unit PT.

Q: WILL RUMPEL GET NEW EQUIPMENT?

A: Rumpel Fitness Center will open with all new state-of-the-art equipment.

WHAT WILL HAPPEN TO THE OLD EQUIPMENT?

A: The old equipment that is still usable will be sold at NAF Sales after the renovations are completed.

Q: WILL BLDG 1395 or BLDG 221 HAVE LOCKER ROOMS? SHOWERS?

A: BLDG 1395 does have locker rooms and showers. There are only two showers in both the men and women's locker room and limited lockers. Please remember to bring your own lock and the lockers are for daily use only. BLDG 221 has separate restrooms but does not provide lockers or showers.

Q: WILL BOTH NEW FACILITIES HAVE 24/7 ACCESS?

A: BLDG 1395 will offer 24/7 access. You will have to re-register for 24/7 access when you first visit BLDG 1395 as the system is separate from the one utilized at Rumpel Fitness Center.

BLDG 221 will not be outfitted with a 24/7 access system.

Q: WILL WE BE ABLE TO PLAY BASKETBALL IN THE TEMPORARY FACILITY?

A: Neither BLDG 1395 nor BLDG 221 will have a basketball court. There won't be any space for sports or unit PT. There are some outdoor options such as the volleyball courts at Pine View Campground or the open fields at Constitution Park. BLDG 1783 will have limited basketball court access starting in the spring of 2023.

Q: WITH A SMALLER FACILITY, IS THERE ANYTHING I CAN DO TO IMPROVE MY CHANCES OF GETTING ON THE EQUIPMENT?

A: Our mission is to ensure Soldier readiness and therefore we encourage civilians and family members to try and schedule their work out around our peak hours. Our peak hours are 5 am - 7 am, 11 am - 1 pm, and 3 pm - 6 pm. Some possible solutions may include requesting a different lunch hour or adjusting your workout routine to an earlier or later time. Taking advantage of the hours that BLDG 221 is open could also be an option.

Q: ARE THERE DESIGNATED PARKING LOTS FOR BLDG 1395 AND BLDG 221?

A: BLDG 1395 has three different parking options for its customers. There is limited handicap parking in front of the building. Please see the map below which indicates the parking options for BLDG 1395. Parking on W Eaton Road in front of BLDG 1395 is prohibited. BLDG 221 has parking options in front of the building.

