

## **Fitness Center**

### **Hours of Operation**

Monday-Friday, 6 a.m.-8 p.m., closed for cleaning from 10-11 a.m. and 3:30-4:30 p.m.

Saturday-Sunday, 9 a.m.-5 p.m.

### **Eligibility**

U.S. active-duty military, dependents (18 years and older), DoD civilian and U.S retiree members only. 100 percent ID check.

### **Reservations**

- Reservations are no longer required for entry and use. Walk-ins allowed.

Please note:

- Patrons are allotted one 90-minute time slot.
- Workout areas have capacity limitations. Availability is on a first-come, first-serve basis so busy times on popular equipment may be filled. Please be flexible in your workout schedule.
- Workout as many days a week as you want, no limit!

### **Things to bring / do prior to arriving for reservation**

- CAC/TEI - 100 percent ID check.
- Cloth face covering - masks are required at all times in the facility. Do **not** wear mask when working out.
- Water bottle - drinking fountains available for personal bottle refills only.

### **General Information**

- Maximum Capacity: 68 people
- Towel service available.
- Locker rooms, bathrooms and showers are available for use.
- Only cardio, NOFFS room, group exercise room and weight rooms will be open for workouts.
- Individual workouts only. No group workout or spotting permitted.
- Racquetball and basketball court are closed due to maintenance project.

### **Check in and out**

- Maintain 6 ft./2 m. distance upon entering the facility and signing in.
- 100 percent ID check. Please have your ID card ready at the check-in desk.
- Staff will sign patrons in and out upon patron presenting ID.
- **Fitness Center Guest Pass Policy change beginning Saturday, August 22**
  - Patrons **must** check in and out with front desk staff.
  - Each patron will be given a "Visitor Pass" with a number to ensure health, safety and social distancing for everyone.
    - Weight Room patrons will be issued a **blue card**.
    - Cardio/NOFFs/Group Exercise patrons will be issued a **white card**.
  - Patrons **must** select which area they will be utilizing upon check in.
  - Fitness Staff will be walking through facility to ensure rules are being followed.
  - If **maximum capacity** is reached, patrons will have to wait in their vehicles or outside or come back at another time. No waiting will be permitted in the lobby.
  - Patrons **must check out** with staff at front desk.

### **Workout areas**

#### **Cardio Room**

- Each station has one piece of cardio equipment (treadmill, elliptical, bike or rower).

- Before and after the workout, you must thoroughly clean the station, including all the equipment and the floor. Obtain cleaning materials from the closest location to your station.
- Cloth face covering is required. Do not wear while actively exercising.

**Weight Room**

- No spotters are allowed, so please plan accordingly.
- One person per piece of equipment.
- Before and after you use equipment, wipe down equipment and all areas and rerack weights. Do not place weights on or near the wall.
- Cloth face covering is required. Do not wear when actively exercising.