

WELCOME TO THE MWR FITNESS CENTER

This facility is unstaffed between the following hours:

- 1) Monday - Friday: 10:00 p.m. - 5:00 a.m.
- 2) Weekends & Holidays: 10:00 p.m. - 7:00 a.m.

During unstaffed hours of operation, access to the following areas is prohibited:

- Sauna
- Swimming pool

Unstaffed facility rules:

- Sharing of CAC, ID card, or FOB is prohibited.
- Piggybacking and holding or propping the door open is prohibited and will result in the loss of privileges.
- All safety and security procedures relating to ensuring that the door securely closes are required. All other facility doors will remain closed unless needed for an emergency.
- Upon entry, checking in using the facility iPad or sign-in sheet is required.
- Authorized MWR Fitness patrons 10 to 17 years of age are permitted facility access only under direct supervision of their parent/legal guardian and after completing the youth orientation conducted by the facility's MWR Fitness staff.
- Facility areas and equipment restricted or identified as off limits or out of order will not be used.
- The use of equipment safety devices should be used at all times. The use of a spotter is strongly recommended when using free weights or when appropriate.
- When using the facility, the buddy system is highly recommended and encouraged.
- All equipment must remain inside the unstaffed fitness facility and is not permitted to be taken outside the facility.
- All equipment, machinery, or devices will be used for the intended purpose.
- All equipment used will be cleaned after use with the provided cleaning materials.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- Violations of Navy and installation policies will not be tolerated. During unstaffed facility and equipment use, all additional posted facility rules, regulations, and standard operating procedures will be adhered to.

In the event of an emergency, report all incidents immediately to Emergency Services: A landline is located outside of Gear Issue.

- To dial by landline: DSN: 266-1911 or (99) 28210-21911
- To dial by cell phone: 28210-21911 or (+30) 28210-21911

AEDs are located outside Gear Issue and upstairs outside the Group Exercise Rooms.

For any questions, comments, or concerns, please contact the MWR Fitness at 266-1443.

NSASB CDO:

- To dial by landline: (99)6940431155
- To dial by cell phone: 6940431155 or (+30) 6940431155

