

GYM & FITNESS CENTER REGULATIONS



WELCOME! MWR is proud to serve your needs. Please fill out a comment card and let us know how we are doing with customer service and how we can further assist you.

Open to all Active Duty, Reserve, National Guard, Military Retirees, DoD Civilians and their immediate families. DoD contracted employees who work here may use the facility with a hold harmless agreement.

Youth younger than 16 must be accompanied by a parent. A parent must supervise 13-15 year olds. YOUTH 12 and younger are not authorized to be in fitness workout areas or be on machines, saunas or equipment.

- Show ID to Assistant
- Sign in on Rec Trac
- **TRAINING UNITS-use #9 on screen Process Visit**
- NO BOOTS – only tennis shoes
- Check & remove stickers and rocks from bottom of shoes
- No food or drink in gym! Closed water containers only in weight room.
- **Wipe down all equipment after use!**
- **Re-rack weights !**
- If you don't know how to use equipment ask the assistant for help.
- Report equipment that is not working
- Report any injury you receive

EQUIPMENT CHECK OUT

Sign out/in equipment: jump ropes, AB straps, boxing gloves, weight belts, resistant cords, tennis racquets, soft-ball equipment, basketballs, soccer balls, volleyballs, flag football belts and footballs, horseshoes, bocce balls, croquet sets, tug-a rope, BBQ brushes, Frisbees, kayaks and canoes. Reserve Wilson BBQ Pavilion and Firing Point BBQ Pavilion at the desk.