



GYM & FITNESS CENTER REGULATIONS

WELCCOME! 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 guardian. A guardian 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.

24-Hour Access is available for permanent party. Sign up with the assistants.

- **Show ID to Assistant.**
- **Sign in on the check in Sheet.**
- **NO BOOTS on cardio equipment or basketball court.**
- **Use boot brushes located outside the front door to ensure shoes are clean.**
- **No food or drinks in the gym. Closed containers only.**
- **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 injuries 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, Axe throwing trailer, pickle ball, frisbee golf set, kayaks, canoes, paddle boards, Boat w/motor, inflatables BBQ trailers, paddles, lifejackets, combo/recurve bows, and knocker balls.

Reserve Wilson BBQ Pavilion and El Mirador BBQ Pavilion with DPW Billeting POC (509) 577-3671.