

# WELCOME PACKET

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## MWR Fitness Center

Hours of Operation:

Monday-Friday 0500-2030

Saturday 0800-1600

Sunday 1000-1500

717-605-8147

# WELCOME



# MEET YOUR FITNESS TEAM

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**Ryder Quesenberry**

*Fitness Program Director*

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**Fran Graziano**

*CFL Outreach Specialist*

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## FACILITY RULES & REGULATIONS

1. Clean, proper footwear with non-marking soles and appropriate athletic attire are required while using the Fitness Center and Bldg. 14 Courts. Uniforms and street clothes are prohibited. Shirts are required by all patrons.
2. The ACSM has ruled that working out in rubberized, plastic, or sweat-inducing attire is unsafe. These types of apparel are prohibited in the Fitness Center.
3. Change to a dry workout shirt if you are going from cardio to weight equipment or utilize a gym towel on equipment.
4. The consumption of alcohol or the use of any type of tobacco is prohibited inside the Fitness Center and Bldg. 14 Courts.
5. Eating or chewing gum is prohibited inside the fitness facility.
6. Approved eye protection is required and will be worn properly when utilizing racquetball courts.
7. Gym bags are prohibited in the Fitness Center.
8. Youth ages 10-14 must be accompanied by an adult and are not permitted in the weight room.
9. Wipe down equipment after use.
10. Remove plates from machines and bars after use and return to proper racks. DO NOT leave them on the floor.
11. Allowing weights to drop or slam is prohibited.
12. Limit cardio equipment usage to 30 minutes during peak hours or when patrons are waiting.
13. Loitering, profanity, and disruptive behavior is prohibited.
14. Be courteous of other patrons by refraining from talking on your cell phone.

# ELIGIBLE PATRON & GUEST POLICIES

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1. Eligible patrons utilizing the Fitness Center and Bldg. 14 Courts include active-duty military, Reservists, retirees, active-duty eligible family members, and DoD civilians. DoD civilian retirees and contractors are eligible with current/valid membership card.
2. All patrons and guests are required to sign in at the front desk.
3. All patrons and guests are subject to 100% ID check.
4. Members must be ages 18 and older to sponsor a guest.
5. Members are limited to two authorized guests at any time in the Fitness Center and four guests in Bldg. 14. Members must remain with guests at all times.
6. Guest passes are available at the Fitness Center front desk Monday-Friday.
7. A parent or guardian must accompany anyone between the ages of 10 and 15.
8. Children younger than the age of 10 are not permitted in the Fitness Center.

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