

Fitness Center Rules & Regulations

Dress Code

Athletic shoes are required

Shirts are required. Tank tops must cover chest area. Midriff tops are prohibited.

Marines may wear "boots and utilities," women may wear leotards or tights.

Safety Code

Weight plates/dumbbells must be returned to proper place after use. Failure to do so may result in closing down the facility for 15 minutes to replace weights.

Safety collars must be used on all barbell lifts.

Running inside the Fitness area is prohibited.

Blood stained towels must be discarded in a bio-hazardous waste bag.

Sauna Rules

Foot covering required

Individuals with medical problems or pregnant women should consult a physician prior to using sauna.

If you feel faint, dizzy, or nauseated, leave the sauna immediately.

Limit stay in sauna to a maximum of 15 minutes per session.

Use of towel required inside the sauna.

Minimum of two individuals in sauna at all times.

Lotions and/or oils are prohibited in the sauna.

No nudity.

Fitness Center Policies

Open to all: Active Duty, Retired, Reservists on Active Duty, Dependents, MCCS Employees, and Department of Defense Employees. Proper identification required.*

Authorized guests are permitted to use the facility and must check in at the front desk.

Children ages 12 to 16 years of age must be supervised by an adult at all times.

Patrons are required to wipe down machine/bench pads after use with towel.

The Fitness Center is not responsible for lost or stolen items.

Lockers are for daily use only.

All personal gear left overnight in daily lockers will be removed. Valuables will be turned into PMO; other items will be discarded after one week.

Radios and stereos are not permitted. Personal radios (i.e. walkmans) are acceptable.

Alcoholic beverages, drugs, tobacco, and tobacco products (i.e., snuff, dip) are not acceptable.

* All group exercise programs are limited to Active Duty, Retired, Reservists on Active Duty, Dependents, MCCS Employees, and Department of Defense Employees only. Guests are not permitted to participate in these classes.