

# REGISTRATION

## Includes:

- Cardiovascular Area - Stair Climbers, Ellipticals, Jacobs Ladder, Versa Climber
- Electronic and Non-Motorized Treadmills, Adaptive Motion Trainer, ARC Trainer, Recumbent and Upright bicycles.
- HD Athletic Bridge, Torque Tank, Skier, Air Bikes, Rowers.
- Free-weight exercise equipment.
- Selectorized Nautilus Nitro Plus and Machines
- Power Rack Platform, and more.



# SPORTS

Use of the Outside Basketball, Sand Volleyball and Tennis Courts.

\*Reservations must be done in advance by calling 787-707-3767.

# RESERVATIONS

Practice Sessions:

Only authorized ID cardholders may reserve the basketball, tennis court and softball field.

Request are to be made one week in advance in a non-consecutive manner and must be made at the Sports and Fitness Center.

Reservations are for one (1) hour unless approved by the manager. Scheduled events, games and CYS activities have priority over practice sessions

# MICROFIT EVALUATION

\$15 Fee

A medical certificate is required for all customers over forty (40) or those with health risk factors.

\*Appointment must be made in advance.

Personal Training Services

(1) Hour individual session: \$30.00

Package of three (1) hour individual sessions: \$60.00

# PROGRAMS

Group Exercise Classes

**\*Subject to change, ask for availability.**

**Indoor/Outdoor Cycling**

Tuesday and Thursday at 4:30 p.m.

Burn calories, increase your cardiorespiratory and muscular endurance, plus much more.

Fee: \$30.00 a month or drop-in class \$5.00.

**Cross Drills**

Monday, Wednesday, and Thursday at 5 p.m. You'll be using a variety of alternative exercise equipment to ramp up your exercise routine.

Fee: \$30.00 a month or drop-in class \$5.00.

**Back 2 Basics**

Tuesday and Thursday at 12 p.m.

An energetic, diverse exercise class that combines functional and traditional physical training modes. Programmed to suit different levels of physical fitness conditions.

Fee: \$30.00 a month or drop-in class \$5.00.

**Golden Age Program**

Tuesday and Thursday at 9 a.m.

A variety of classes to help you stay physically and mentally fit.

\$30.00 a month or drop-in class \$5.00.

Seasons: Jan to May and Aug to Dec

**Jui Jitsu**

Monday & Wednesday 5 p.m.

Tuesday & Thursday 6 a.m.

An array of techniques that involve specific high and low-intensity exercises.

\$35.00 a month or drop-in class \$5.00.

## Rules

- To use our MWR Fitness facilities, you must:
  - Present an Authorized Common Access (CAC), register and scan at the Reception Desk
- \*In the event the RECTRAC Database system is down, you must sign the Assumption of Risk of Injury and Waiver Form at the Reception Desk.
  - Authorized patrons as defined in AR 215-1, Army Military Morale, Welfare, and Recreation (MWR) Programs, approved by the Installation Commander.
  - Guests are not permitted.
- Children 12 years and under are not allowed in the cardiovascular or weight room areas. If are in the reception area or restroom, they must always be under the direct supervision of the Parent or Guardian. We do not have waiting areas.
- As a Family Member, youth ages 13-15 years must be always participating in the same activity and under the direct supervision of the Parent or Guardian.
- Refer to the PAR Q document posted at the reception area before using the facility.
  - Exercise at your own risk, use of equipment may involve risk of serious injury, including permanent disability and death.
  - Exercise partner (buddy system) is highly encouraged.
- If unstaffed, there will be no supervision or assistance.
- \*In the event of an emergency, call 787-707-4911/5911
- Athletic clothing and footwear must comply with the facility Attire Rules.
- No bags are allowed in the exercise area. Secure personal belongings in the designated place. Management is not responsible for lost or stolen property.
- Wipe down exercise equipment surfaces; return equipment to its place and in orderly manner after use.
- Exercise equipment must not be taken outside of the facility.
- Ropes shall not be climbed without another person present. Follow the posted Rope climbing rules Posted.
- Smoking, eating, chewing gum, tobacco products, and alcoholic beverages are forbidden within the facility and its premises.
- Radios/Speakers, cellphones/iPods can only be used with headphones; audio must be private and not emit sound into the open air.
- Bystanders are not allowed in exercise areas. \*No unauthorized Personal Training sessions or Group Exercise Classes will take place.
- Unsportsmanlike conduct and inappropriate behavior, loudness, disruptiveness, profanity, abuse of equipment, fighting, etc., are prohibited and will cause forfeiture of privileges.
- No unauthorized videotaping or taking pictures.

## Additional Rules for Unstaffed Hours

- An Authorized Common Access CAC/ID card must be scanned/swiped twice, once for entry and once to be logged in the RecTrac database for accountability.
  - If in the facility when the unstaffed hours commence, you must exit the facility and scan/swipe back in.
- Youth ages 13-17 years must be always participating in the same activity and under the direct supervision of the Parent or Guardian.
- Holding or propping the door open is strictly prohibited and will result in immediate loss of privilege.
- CAC/ID sharing will result in immediate loss of privilege.
- In the event of a power outage, I must immediately exit/and or not enter the PFC Roberto E. Clemente Walker Annex. I agree to contact personnel at the emergency telephone number provided.
- I understand that if the REC TRAC accountability swipe system is down, I must use the sign-in sheet located at the reception desk(next to the swipe/scanner).
  - I understand that the problem will be addressed during normal duty hours.
- For safety and security, you must ensure the door securely closes following your entry.
  - All other doors will remain closed unless needed for an emergency.

# JOIN US!

## FITNESS CENTER

Bailey Rd. Bldg. 148  
787.707.3767

### Monday - Friday

5:00 a.m. to 7:00 p.m.

**Closed on Saturdays, Sundays,  
and Federal Holidays**

## PFC REC W ANTNE X

### 24/7 LOCATION

Patriot Blvd. Bldg. 170  
787-707-3281

## Staff Hours of Operations

### Monday - Friday

5:00 a.m. to 7:00 p.m.

### Saturdays

9:00 a.m. to 1:00 p.m.

**\*This is a 24/7 facility**

## OUTDOOR GYM

Patriot Blvd. Bldg. 1317  
787-707-3767

### Monday - Thursday

5:00 a.m. to 8:00 a.m.

4:00 p.m. to 7:00 p.m.

### Fridays

5:00 a.m. to 8:00 a.m.

**Closed on Saturdays,  
Sundays, and Federal Holidays**



# SPORTS & FITNESS FACILITIES

