

WASHINGTON NAVY YARD FITNESS CENTER

In order to minimize risk to patrons and staff, the following procedures and limited services will be in place until further notice:

ELIGIBILITY: Active Duty Military Only

CODE OF CONDUCT:

- Reservations are required for entry and use. No walk-ins will be accepted.
- A 100% health check and ID check will be made upon entering to confirm reservations.
- Arrive ready to work out. Locker rooms for showers, lockers, and changing will be closed. Bathroom facilities and sinks will be available.
- Face coverings are required to enter and use the facility with the exception when utilizing a fitness cardio machine.
- Wipe down equipment, accessories, and the area used before and after use with the gym wipes provided.
- Bring your own towel.
- Bring your own water.
- Avoid exercises that cause your hands to contact the floor.
- Avoid heavy weights that require a spotter.
- Moderate-intensity exercise is encouraged as it is linked to a positive immune system response.
- High-intensity exercise is discouraged as it can make you susceptible to illness for up to 72 hours after the exercise session.
- Failure to follow the code of conduct will put you at risk of losing access to the fitness center.

RESERVATIONS:

- Reservations will be accepted for Active Duty Military only.
- Reservations are required for entry and use. No walk-ins will be accepted.
- Reservations must be made by the individual requesting the reservation.
- Reservations for the following week will be made available by noon on the Wednesday before.
- Reservations are available for 60 minute time slots.
- Up to (3) 60-minute reservations per week will be accepted.
- Reservations are on a first-come, first-served basis.
- Visit <https://www.navymwrwashington.com/covid-19> to make a reservation.

SERVICES:

The following will be temporarily closed and/or suspended:

- Towel service
- Water fountains
- Locker room showers, lockers, and changing
- Equipment checkout
- Space and court reservations, including building 73
- Pieces of cardio equipment to ensure physical distancing
- Personal Training services
- Group Fitness Classes

