

Fitness Center Reopening Rules

Read and follow the guidelines to help ensure the health and safety of everyone. If you violate these rules, you risk losing your access to the fitness centers.

Eligibility

- Eligible MWR patrons, to include Local National employees who have purchased an annual gym pass.
- 100 percent ID check.

Reservations

- Reservations are highly recommended. Walk-ins are allowed on a space-available basis.
- Make reservations at online at <https://myffr.navyaims.com/wbwsc/europerec.wsc/wbsearch.html>
- You must register for the My FFR site before reserving a workout.
- Choose day
- Chose an estimated start time of your workout.
- Choose a location – Capodichino Fit Zone or Support Site Fitness Forum.
- Choose a workout area: - Cardio station - Pool lap swim - Weight room
- You will see the options available, based on the information requested. Choose your option.
- Print your workout reservation confirmation.

Please note:

- Reservation block is 60 minutes (five minutes to wipe down station, 45 minutes to work out, five minutes to wipe down station and five minutes to report to the locker room.)
- Workout areas have capacity limitations. Reservations are on a first-come, first-served basis so busy times on popular equipment may be filled. Please be flexible in your workout schedule.
- You may make daily reservations for Cardio Equipment. For Weight Training and Pool Lap Swim, you may make three reservations per week.

Things to bring

- ID – 100 percent ID check.
- Workout reservation confirmation.
- Cloth face covering – Masks are required in Fitness Center when a distance of six feet cannot be maintained and at all times on the pool deck.
- Shower towel – towel service is not available.
- Sweat towel – fans cannot be used within the building, so please plan accordingly.
- Yoga mat – skin contact with the floor is prohibited.
- Resistance bands, if included in your workout.
- Flip flops or slide-on shoes for pool deck – no sneakers or bare feet allowed.
- Water bottle – no drinking fountains available for refills.

Workout areas

Cardio Equipment

- Each station has one piece of cardio equipment (treadmill, elliptical, bike or rower).
- Space next to the equipment is available for a full-body workout. You must bring a yoga mat and resistance bands. Workout plans are available for new workout ideas.
- Before and after the workout, you must thoroughly clean the station, including all the equipment and the floor. Obtain cleaning materials from the closest location to your station.
- Cloth face covering is required in Support Site weight room.
- Cloth face covering is required at Fit Zone and Fitness Forum when you cannot maintain a six-foot distance. It is not required while you are using cardio equipment.

Weight Training

- Area includes weight room and selectorized machine.
- No spotters are allowed, so please plan accordingly.
- Before and after you use equipment, wipe down equipment and all areas and rerack weights.
- You may not use machines next to each other. Please communicate with each other and plan.
- Cloth face covering is required when you cannot maintain a six-foot distance.

Pool Lap Swim

- One swimmer per lane. Lane will be assigned.
- No equipment will be available (i.e., kickboards, pull buoys, paddles or fins.) You may bring your own equipment, but everything must be rinsed before entering pool deck.
- Mandatory shower before you enter the pool deck.
Only flip flops or slip-on shoes permitted on pool deck. No sneakers and no bare feet.
- Cloth face covering is required on the pool deck at all times.
- Wipe down any surfaces you or your belongings touched before you leave the pool deck.
- Shower time is allotted after your swim.

Check in

- Arrive dressed and ready for your workout. If you are swimming, wear swimwear under your clothes.
- Form a line outside the building no more than five minutes before your designated workout time.
- 100 percent ID check. Please have your ID card ready at the check-in desk.
- At the start of your time block, a staff member will escort you to your workout area.
- Be on time! Late entries will not be allowed into the Fitness Center. No exceptions.

Locker rooms

- Locker room use is highly discouraged!
- Limit use of restrooms during your workout as much as possible.
- Maximum capacity is 10 people at any time.
- Maximum time in the locker room is 15 minutes.
- Access is on a first-come, first-served basis. However, priority will be given to swimmers.
- You must form a line to enter the locker room.
- Wipe down all surfaces you or your belongings touch before and after use.
- Locker rooms will be available for 60 minutes after each exercise session.
- Cloth face covering is required when you cannot maintain a six-foot distance.
- Sauna is closed.

Lockers

- Daily locker rental is not allowed.
- Bring a small bag with your towel, toiletries, etc. to place at your workout station or in a designated space on the pool deck.
- Patrons who have a monthly rental locker may keep it until the locker expires.