



Building 2A Fitness Center
HPCON BRAVO CONDITIONS

Hours of Operation:

1. **Monday thru Friday: 0500-1300**
2. **Facility Open to All Hands**
 - a. **Free for Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians**
 - b. **Fees Apply for Authorized Contractors and Eligible Sponsored Guests**
3. **Facility Capacity (50%) – 80 Total (Cardio Area: 40; Weight Area: 40)**

Facility Procedures:

- 1) Facility Check-In: Required 100% ID Check and Patron Log.
- 2) Collateral Exchange required for all Facility Check-Out Items, such as Locker Key, Towels, and Fitness/Sports Equipment.
 - a. Accept Collateral includes Liberty Card, Library Card, Room Key, Car Key (Items containing PII will not be accepted).

Available Services:

Weight and Cardio Rooms
Group Fitness Classes, Personal Training
Retail Drinks for Purchase (Credit Card only)
Lockers at Limited Capacity (Essential Items only)
Showers, Water Fountains
Indoor Check-Out Equipment including Towels

Secured Services:

Sauna Room

Workout Etiquette:

- 1) Maintain Adequate Physical Distancing of at least 6 feet.
- 2) Wipe down equipment and touch points before and after use.
- 3) During peak facility hours, use of fitness equipment may be limited to 30 minutes.

Command Reservations:

- 1) All organized group facility requests must have an approved scheduled reservation.
 - a. MWR-Led Command PT, CFL-Led Command PT, Navy PFA, Miscellaneous Facility Reservations, etc.
- 2) For questions regarding command reservations or for more information, please email grlkmwrsportsand.fct@navy.mil or call the Fitness Director at 847-688-7769/847-688-2171. Command reservations are not guaranteed and require approval from the MWR Director and Command Leadership for approval.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.

MWR Web Site: <https://www.NavyLifeGL.com/covid-19>