



# Re-Opening Fitness Centers



The National Training Center

## Memorial Fitness Center/Box Fitness Center

- Operating Hours Beginning 26 May 2020 – Closed Federal Holidays
- Closed for 30 minutes of cleaning every hour and a half

### Weekday

#### Open:

12:00pm to 1:30 pm  
2:00pm to 3:30 pm  
4:00pm to 5:30pm  
6:00pm to 7:30pm  
8:00pm to 9:00pm

#### Closed:

1:30pm to 2:00pm  
3:30pm to 4:00pm  
5:30pm to 6:00pm  
7:30pm to 8:00pm

### Weekend

#### Open:

12:00pm to 1:30 pm  
2:00pm to 3:30 pm  
4:00pm to 5:30pm  
6:00pm to 7:00pm

#### Closed:

1:30pm to 2:00pm  
3:30pm to 4:00pm  
5:30pm to 6:00pm



# Facility Guidelines



The National Training Center

## Memorial Fitness Center/Box Fitness Center

- Active Duty Only (100% Visual ID Check)
- Uniform (APFT or OCPs, exception pregnant SMs)
- Receive an accountability token upon arrival and return the token prior to departing
- Showers, Locker Rooms and Saunas Closed
- Bathrooms Open
- No FOB / Pin Access
- No Group Classes, Personal Training or Massage Therapy
- Climbing Wall, Boxing Room and Family Workout Room (Box) Closed
- Customers Must Wipe Down Equipment After Use
- Maximum Occupancy: Memorial – 60 People/The Box – 63 People
- All Customers Must Scan In
- No Intramural or Extramural Sports Activities
- All Customers Must Exit Facility When Closing for Cleaning
- Customers Must Enter/Exit Through Main Door
- No Gear Issue (Weight Belts, Resistance Bands, etc.)
- Social Distancing Measures Remain In Effect (6ft distance)



# Re-Opening Oasis Pool



The National Training Center

## Hours of Operation Oasis Pool

- Operating Hours Beginning 26 May 2020 – Closed Federal Holidays
- Closed for 30 minutes of cleaning every hour and a half.
- Weekday Patronage: 6:00 am to 1:00 pm is Active Duty Military Only
- Weekday Patronage: 1:00 pm to 6:00 pm is Family Member Access and All Day On Weekends

### Weekdays

#### Open:

6:00am to 7:30am  
8:00am to 10:30am  
11:00am to 12:30pm  
1:00pm to 2:30pm  
3:00pm to 4:30pm  
5:00pm to 6:00pm

#### Closed:

7:30am to 8:00am  
10:30am to 11:00am  
12:30pm to 1:00pm  
2:30pm to 3:00pm  
4:30pm to 5:00pm

### Weekends

#### Open:

10:00am to 12:00pm  
1:00pm to 3:00pm

#### Closed:

12:00pm to 1:00pm



# Facility Guidelines



The National Training Center

## Oasis Pool

- Active Duty Only (100% Visual ID Check)
- Family Member Access from 1pm-6pm Weekdays/All Day On Weekends
- Anyone under the age of 18 must be accompanied by a parent
- Locker Rooms and Saunas are Closed
- Limited showers - open only for rinsing before entering pool
- Bathroom are Open
- No Group Classes
- Maximum Occupancy: 1 Person or Family per lane
- All Customers Must Scan In
- Non-Swimmers Are Not Allowed In the Pool (Exception if parent is providing parental swimming instructions)
- All Customers Must Exit Facility When Closing for Cleaning
- No Diapers Allowed
- No Food or Drink Allowed