
Fee Schedule

Use of the facility is free for
Active Duty
Retiree
Dependents
DoD/Civil Service

NSA Mid-South Contractors

Individual fee: \$15 monthly.
Family fee: \$20 monthly

Guest daily admission
\$4.00

Guest passes

10 Punch	\$18
20 Punch	\$28
30 Punch	\$38

Aquatics

Lap Swim Cards for Active Duty
at the YMCA

Active Duty Family Summer Fun
at the YMCA

NSA Mid South Splash Park

Other

- * Racquetball courts
 - * Massage Therapy
 - * Family Fitness Room
 - * Outdoor Basketball Courts
-

Group Fitness Classes

*Note class schedule posted in complex and
subject to change without notice.*

Step Aerobics

This step aerobics is suitable for all ages and
includes stretching and strengthening components.

Zumba

Classes combines fast and slow rhythms, for
an effective aerobic workout while also
targeting your legs, abs, glutes and arms.

Vinyasa Yoga

This class is appropriate for all levels of yoga
students who have some experience with
yoga. The instructor will offer modifications
for level 1 students as well as more
challenging poses for advanced students.

TBC (Total Body Conditioning)

Challenge your body with this circuit based
workout combining an array of equipment to
target the complete body!

Personal Training

(free for active duty)

microFIT Fitness Assessment	Cost \$20
One session	\$20
Package of 10 Sessions (FREE microFIT) <i>\$220.00 value!!</i>	\$180

microFIT

Microfit Fitness Evaluation System
Our staff of fitness professionals can assist you
with a baseball fitness assessment using MicroFIT
fitness evaluation system.

Tests include resting blood pressure and heart
rate, body composition, flexibility, muscular
strength, and aerobic fitness.

Immediately following the evaluation you receive a
print out and a qualified professional is there to
explain the results!

Fitness Assessments are FREE to Active Duty &
Reservists and \$20 for other patrons

Intramural Sports

Intramural Sports provides year round
programming in 12 Captain Cup Point
sporting events.

The choices include basketball,
Over-30 basketball, volleyball, co-ed
volleyball, softball, co-ed softball,
racquetball, tennis, soccer, Flag football,
golf and bowling. This is a tremendous
opportunity for spirited competition between
various commands on base.

Patrons at all levels of experience
are encouraged to participate.
Call 232-2109 for more information.



N-82 Intramural Sports Calendar

Volleyball League	FEB-MAR
Over 30 Basketball	MAR-APR
Soccer League	MAR-APR
Tennis League	APR-JUN
Bowling (Bartlett Lanes)	JUN-AUG
Co-Ed Softball League	APR-JUL
Golf League	MAY-JUL
Flag Football League	SEP-DEC
Basketball League	NOV-FEB

NORTH-82 GYM

Sports and Fitness Complex

Hours of operation

Monday and Tuesday
0600 – 0900 / 1100 - 1330

Wednesday
0600 – 0900 / 1100 - 1330
1600 - 1900

Thursday and Friday
0600 – 0900 / 1100 - 1330

Saturday 1200 – 1600

Sunday and holidays Closed

N-82 has both men's and women's locker rooms, showers, steam and sauna rooms.

N-82 also provides the base with three basketball courts, a volleyball courts, two badminton courts, and two racquetball / walleball courts.

Front Desk – 874-5188
Sports Coordinator – 232-2109
Fax – 874-5409



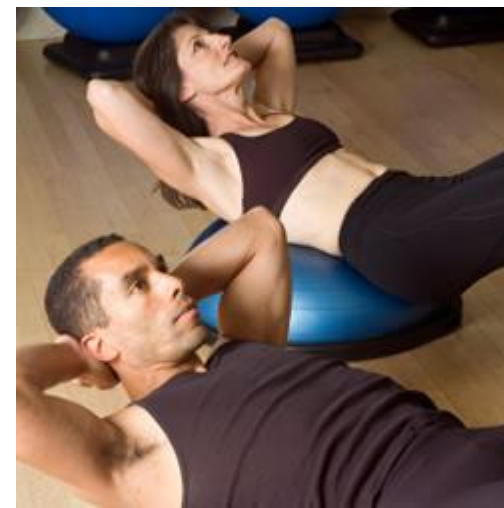
Policies and procedures

- Authorized patrons are Active Duty, Reservists, Retirees, and their dependents, civil employees, Millington Police and Fire Department employees. Dependents are guests of their sponsor. Authorized patrons age 18 and above may sponsor a limit of 3 guests. All guests must pay a \$4.00 guest fee and must stay with their sponsor at all times.
- Minimum age on fitness floor without supervision is 15 years.
- Patrons between ages 10 and 14 must go through an orientation of fitness equipment with a parent or legal guardian. The youth may then workout supervised by an authorized parent or legal guardian at all times.
- Youth 15 and old may use the fitness facility without a parent or guardian with a valid membership card.
- Joe Dugger is a smoke free environment. Thank you for your cooperation.
- Pushing, shoving, hitting, kicking, horseplay or any other unsafe behaviors will not be tolerated
- Possession of a weapon of any form, or the possession or use of illegal drugs will not be tolerated.
- Vandalism of facilities, or leaving graffiti on walls will not be tolerated.
- The fitness staff is not responsible for personal items. Lockers are available for storage of valuables. Lockers are subject to search by security at any time.
- This is a family oriented environment, please be respectful to others. Fitness staff reserves the right to prohibit unsafe and offensive behavior. Patrons who do not abide by the rules or pose a safety concern may be requested to leave the facility until further action is taken and deemed appropriate.
- ***Please bring your own lock. Locker keys are not provided.***

Wet and Dry Sauna

- Limit yourself to 10-minutes
- Please shower before using
- Allow 5-minutes after exercising before entering
- Temperature is kept between 170-180 degrees for Dry and 100-110 degrees for Wet
- Saunas will be secured 1-hour before closing for cleaning
- Food and beverages are prohibited in saunas
- No exercise or plastic/rubber suits are allowed in the saunas
- No patron under 16 is permitted in the saunas

Joe Dugger Fitness and Sports Complex



Open 7 Days a Week!!
Monday thru Friday 0500 - 2200
Saturday 0800 - 1600
Sundays and holidays 1100 – 1600

Front Desk – 874-5497
Fitness Director – 874-5491
Fax – 874-5657



[www.facebook.com/
NavyFitnessMidSouth](http://www.facebook.com/NavyFitnessMidSouth)

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YOUR OWN LOCK.
Locker keys are not provided.***