

WELCOME TO NAVY MID-SOUTH FITNESS CENTER

THIS FACILITY IS UNSTAFFED AFTER NORMAL HOURS OF OPERATION POSTED

During unstaffed hours of operation, access to following areas is prohibited:

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|-----------------------|-----------------|-----------------------|
| • GROUP EXERCISE ROOM | • OFFICES | • SAUNAS |
| • RACQUETBALL COURTS | • STORAGE ROOMS | • EQUIPMENT CHECKOUT |
| • NOFFS ZONE | • TOWEL SERVICE | • FAMILY FITNESS ROOM |
| | • STEAM ROOMS | |

Unstaffed facility rules:

- Sharing of CAC, ID card, or FOB is prohibited.
- Piggybacking and holding or propping the door open is prohibited and will result in the loss of privileges.
- All safety and security procedures relating to ensuring that the door securely closes are required.
- All other facility doors will remain closed unless needed for an emergency.
- Upon entry, checking in using the facility iPad or sign-in sheet is required.
- Facility access is exclusively granted to authorized MWR Patrons 18 and older (and Active Duty 17 & older).
- Facility areas and equipment restricted or identified as off limits or out of order will not be used.
- The use of equipment safety devices should be used at all times. The use of a spotter is strongly recommended when using free weights or when appropriate.
- When using the facility, the buddy system is highly recommended and encouraged.
- All equipment must remain inside the unstaffed fitness facility and is not permitted to be taken outside the facility.
- All equipment, machinery, or devices will be used for the intended purpose.
- All equipment used will be cleaned after use with the provided cleaning materials.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- Violations of Navy and installation policies will not be tolerated. During unstaffed facility and equipment use, all additional posted facility rules, regulations, and standard operating procedures will be adhered to.

The event of an emergency or loss of power to the facility, please call

901-874-5311 for Fire & Emergency

901-874-5515 for security dispatch

The AED and First Aid kit for this facility are located
at the **FRONT COUNTER** beside the check-in pad.



For any questions, comments, or concerns regarding
the MWR Fitness program, please contact
NSAMidsouth_Fitness@us.navy.mil.

