

**In case of an EMERGENCY  
CALL 202-433-3333**

# Unmanned FITNESS CENTER RULES

- Partnered workouts are highly encouraged.
- Replace all dumbbells/free weights to appropriate rack when finished.
- Appropriate gym attire is required at all times- athletic shirts, sweats, short, and sneakers. No shirtless training or sandals permitted.
- Only adults 18 years or older, or active duty service members are authorized.
- Smoking or smokeless tobacco is not permitted.
- Patrons under the influence of alcohol or illegal drugs are not permitted.
- Never intentionally drop or slam weights.
- Do not bring food into the Fitness Center.
- Use gym wipes provided to disinfect equipment before and after use.
- All equipment has a 20 minute limit when others are waiting.
- Report any equipment problems to 202-433-2282.
- Report all incidents and accidents resulting in injury to 202-433-2282. Leave a return contact number.



**NSA Washington Fitness Center**  
202-433-2282  
mwr.fitness.nsw.fct@navy.mil