

NAS Meridian Fitness Center



Mondays ~ 6 p.m.: Self Defense with Dawg Kerwood
Tuesdays ~ 11:15 a.m.: Step Aerobics with Shannon
Wednesdays ~ 6 p.m.: Self Defense with Dawg Kerwood
Thursdays ~ 11:15 a.m.: Step Aerobics with Shannon

***Yoga times COMING SOON ***

P90X and Insanity available any time!

Fitness Center Policy: The Sonny Montgomery Fitness Center will conduct a 100 percent ID check of all fitness center patrons.

- 1.) ID check will be administered to ALL unless wearing issued PT gear or are in uniform.
 - 2.) If NO issued PT gear is worn, then you must show ID to enter the workout zones.
 - 3.) If any civilian is sponsored by authorized personnel, they must pay the daily fee of \$2.
 - 4.) All contractors must pay the daily fees or monthly dues and show ID to enter workout zones.
- The NAS Meridian Fitness Center is in its temporary location in Building 266 (Behind Starbase Atlantis).
Call (601) 679-2367.