



Navy Region Hawaii
MWR Fitness Centers
Rules & Regulations



We welcome our eligible patrons, which include Active Duty military and their family members, Reservists, Military Retirees and DOD Civilian employees. In addition, Navy League Members are eligible to use Power Point Fitness at Barbers Point from 0900 to 1600 hours.

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1. Appropriate fitness clothing will be worn at all times and cover the body in a way not to offend others.
2. Proof of proper I.D. and Check-In is required.
3. Patrons must be 15 years or older to use the facility.
4. Towels are required during workout in the facility.
5. Safety collars are required when using Olympic bars.
6. Smoking and eating are not permitted.
7. Abusive language is not permitted.
8. All weights **must** be returned to the proper rack.
9. Standing or placing weights on upholstered equipment is not permitted.
10. Spotters are recommended while using all Olympic bars.
11. Gym bags must be kept in the locker rooms.
12. Dropping or banging weights is not permitted.
13. Radios are not allowed without personal headsets.
14. Do not use weight belts on machines where the buckle might tear upholstery.
15. Cardio equipment is limited to 20 minutes during peak hours or when others are waiting.
16. Active Duty have priority Monday - Friday from 0500-0700 and 1100-1300 at all facilities except Barbers Point, which is 1600-1900 hrs.
17. Use of plastic suits is not allowed.
18. Consideration of others is requested by all. Share and wipe off equipment when finished.
19. Infants and toddlers in strollers, car seat carriers or infant carriers of any sort are prohibited from any area of the fitness center.
20. Individuals found in non-compliance with any of the above rules may be barred from the facility for a period prescribed by the Commanding Officer.