

NAS Meridian Fitness Center

NEW ... Group Exercise Schedule:

Mondays ~ 11:15 a.m.: Fitness/stretch with Beth
Tuesdays ~ 11:15 a.m.: Step Aerobics with Shannon
Wednesdays ~ 11:15 a.m.: Fitness/stretch with Beth
Thursdays ~ 11:15 a.m.: Step Aerobics with Shannon

***Watch for Yoga times in evenings TBA ***

ProFitness times TBA (when weather cools)

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.