



COMMUNITY WELLNESS GOALS

Established in 2003, the MWR Fitness Center provides the broader West Point Community with a place to train, relieve stress, connect with one another, and improve their overall health. Our goal is for patrons to leave feeling rejuvenated, motivated, and ready to tackle life's daily challenges!

Amenities at the Fitness Center include a multi-purpose room, a massage room, spin room, a large group fitness room, a free weight and abdominal area, and male & female locker rooms.



PERSONAL TRAINING & MORE

Personal Training is available at the MWR Fitness Center in 30 & 60 minute sessions! Visit us in person or online for personal trainer biographies, pricing, and registration info. To schedule a personal training appointment, call the Fitness Center at (315) 774-9510.

MASSAGE THERAPY

Living Angelic offers a wide variety of different massage to help you heal and feel less tense. Contact the Fitness Center at (315) 774-9510 to schedule your appointment today.



TEENS AT THE FITNESS CENTER

Did you know?
Teens age 13-15 years old can utilize the MWR Fitness Center with a parent participating in the same activity.

Teens 16 years and up can utilize the fitness center independent from their parent or guardian.

Teens under 18 years cannot sponsor guests. Children under 13 years are not allowed in the facility.

Proper identification of all patrons will be requested by MWR Fitness Center Staff.

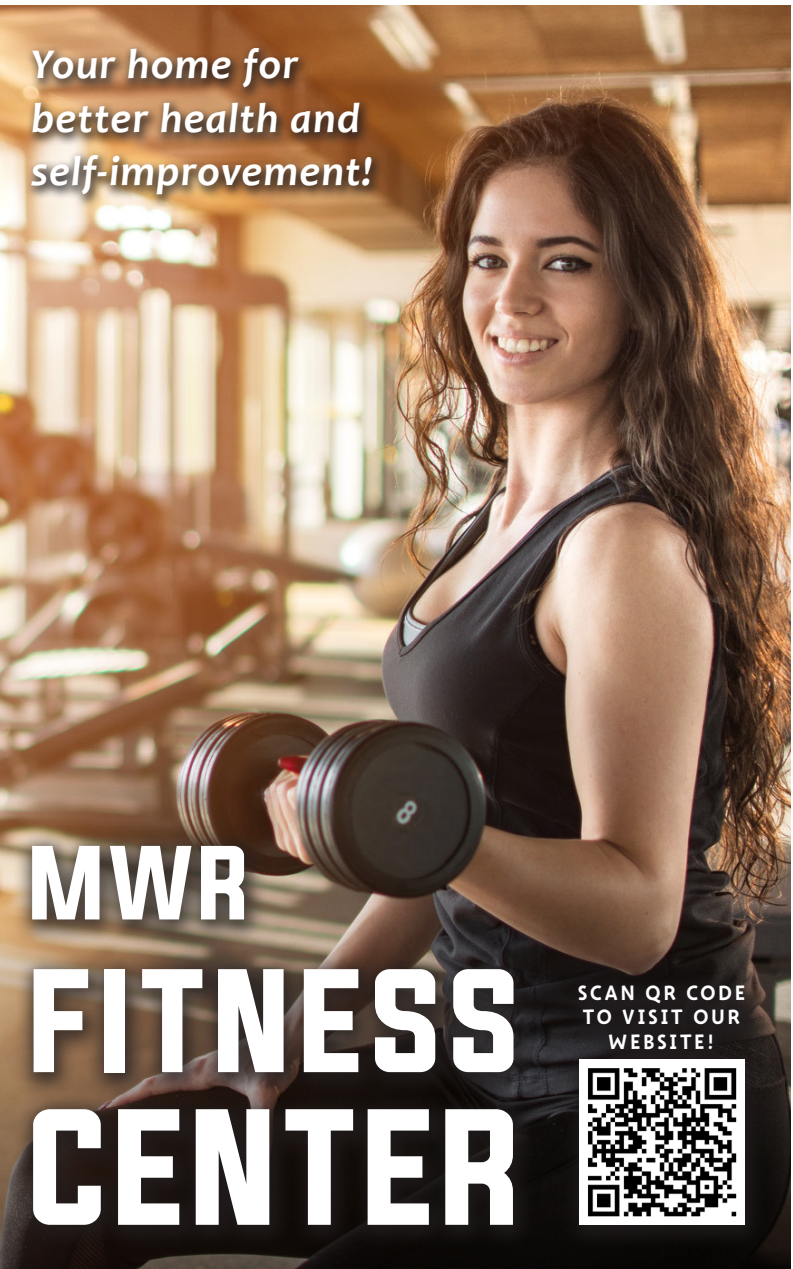
Teens must behave and abide according to the rules and regulations of the MWR Fitness Center.

VISIT US ONLINE AT WESTPOINT.ARMYMWR.COM

WEST POINT FMWR FITNESS CENTER
NOVEMBER 2023 EDITION

MAIN PHONE: (315) 774-9510
683 BUCKNER LOOP, WEST POINT, NY 10996

Your home for
better health and
self-improvement!



MWR FITNESS CENTER

SCAN QR CODE
TO VISIT OUR
WEBSITE!



(315) 774-9510 | WESTPOINT.ARMYMWR.COM





GROUP FITNESS CLASSES

All our Group Fitness Classes are instructed by experienced, certified professionals. The cost is \$5 per class. Class Coupons are available for sale individually or in books of 5, 10, & 20.



MWR Fitness Center's monthly class schedule can be found at the front desk or online. New patrons are encouraged to arrive early to classes in order to receive first-time instruction.

During summer, the Fitness Center offers Group Yoga Classes outdoors at West Point's scenic and historic Trophy Point!

HOURS OF OPERATION

MWR Fitness Center is open Monday through Thursday from 5:30am to 8pm; on Friday 5:30am-6pm, & Sat-Sun: 9am-5pm.

Our Locker Rooms will close 10 minutes prior to closing time.

We will be closed for holidays, West Point home football games, USMA Graduation, & Command directed closures like weather.



FITNESS CENTER DRESS CODE

APPROPRIATE ATTIRE

- Sneakers, athletic shoes, or fitness shoes
- "Barefoot" or "five finger" form-fitting shoes (as long as feet are adequately covered)
- Bare feet and/or sock feet (only permitted while partaking in Yoga or Pilates classes)
- Tank tops & sports bras (so long as they are designed as fitness attire and adequately cover the chest)

Military members may wear their boots and uniform for lifting, but may not use the cardio equipment in them.

INAPPROPRIATE ATTIRE

- Open toe shoes or flip-flops
- Cutoff denim shorts, jeans, dress pants, & belts
- Tank tops or sports bras that are too revealing
- Mesh tops and see-through tops
- Bathing suits, bikini tops, & cut-off shirts
- Any clothing with offensive or foul language
- Hats or excessive jewelry

Management's definition of improper attire is final. Those wearing improper attire will be turned away.



FITNESS CENTER RULES

1. When you are finished using the equipment, wipe it down with the provided disinfectant wipes or spray.
2. Return equipment to its proper place after use.
3. Do not monopolize the equipment.
4. Do not enter group fitness classes while they're in session.
5. Instructors are allowed 10 minutes prior to class for setup.
6. During peak hours, if others are waiting, limit your use of the cardio equipment to 30 minutes.
7. Do not yell, curse, drop weights, or make excessive noise.
8. Store gym bags & personal belongings before using floor.
9. Make phone calls in the designated cell phone use area.
10. Youth under the age of 13 are not allowed in the facility.
11. The use of chalk is prohibited.

After two warnings, those who cannot follow the rules will be asked to leave.

