



## 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, Small Group Training, and One-on-One Yoga are 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.

Professional Massages in several styles are also available at the Fitness Center in 60 & 90 min sessions, performed by Wellness Springs (by appointment only). Call us for more info!

# MWR FITNESS CENTER



*Start your fitness journey with us today!*

MWR Fitness Center is open 24hrs beginning on Tuesdays at 5:30am through Sundays at 5pm! Mondays are 5:30am-8pm. 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.

VISIT US ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)!



MAIN PHONE: (845) 938-6490  
683 BUCKNER LOOP, WEST POINT, NY 10996  
TUE 5:30AM - SUN 5PM, & MON 5:30 - 8PM



*Your home for  
better health and  
self-improvement!*



# MWR FITNESS CENTER

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## GROUP FITNESS CLASSES

All our Group Fitness Classes are instructed by experienced, certified professionals. The cost is \$5 per class, or \$45 per month for unlimited classes (excluding TRX). Class Coupons are available for sale individually or in books of 5, 10, & 20.

### Group Classes at the MWR Fitness Center include:

- *Vinyasa Flow Yoga*
- *Functional Fitness*
- *Metabolic Mash*
- *Ripped (HIIT)*
- *Cycling*
- *Spin Class*
- *Zumba*
- *And more!*



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!



## 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 12 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.***

