

## NOFFS Zone

Our newly renovated NOFFS Zone focuses on strength and conditioning training. The space is open for use during the Fitness Center hours. You will find the following there:

- Olympic weightlifting platform: Squat racks, power cages, and power rack with monkey bars and chin up/pull up platform.
- Barbell, and open deadlift bar training.
- Functional training: TRX training.
- Sled training and turf training.
- Free weights: kettlebell training, dumbbells, med balls.
- Mobility and recovery training: foam rollers and stretching area.
- Cardiorespiratory training area: Airdyne bikes, Concept 2 rowers, Matrix S drive performance trainers, concept 2 Ski Erg, LX series Versa Climber.



## Mission Statement

As a part of "Mission Essential", the Fletcher Fitness Center is dedicated to help the Men & Women of our Armed Forces stay healthy, fit, and to ensure Mission Readiness. Our facility and professional staff will provide assistance, support, education, training and a variety of equipment and programs to assist those who support the mission. Our primary objective is maintaining a clean, safe facility, while providing positive customer experiences to all MWR patrons and guests.

### Fletcher Fitness Center Building 301

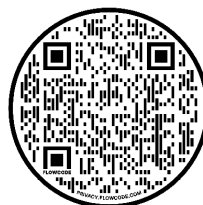
### NOFFS Zone, Building 308

### Gymnasium, Building 174

**Phone: 207-438-4261**

**Fax: 207-438-4263**

**DSN: 684-2286**



**[www.navylifePNSY.com](http://www.navylifePNSY.com)**  
**[www.facebook.com/pnsyffr](https://www.facebook.com/pnsyffr)**

# Fletcher Fitness Center

*"Stay Healthy, Stay Fit, Stay Navy"*

#### HOURS

Monday - Friday, 5 a.m. - 8 p.m.

Saturday & Sunday, 8 a.m. - 4 p.m.

Closed All Major Holidays



Fletcher Fitness Center, Building 301  
Portsmouth Naval Shipyard  
Kittery, Maine 03904

# Gym Etiquette

Welcome to the Fletcher Fitness Center! MWR hopes you enjoy our exercise facility. As a courtesy to all of our patrons, kindly observe the following:

## Eligible Patrons

All military, military retirees, reservists, their family members and DoD employees are welcome to use our facility free of charge. An adult or adult sponsor must accompany guests and children ages 10 to 14 in all areas, at all times. Children must have one personal training appointment accompanied by their parents to assure their safety while exercising at our facility. Children under the age of 10 are allowed in the parent tot room and must be accompanied by a parent. The fitness equipment in the parent/tot room is for adult use only.



## Attire

Please wear appropriate comfortable fitness attire. Attire or clothing with buckles, zippers and snaps that may rip the upholstery is not allowed. Bare chests, offensive attire, and revealing clothing are not authorized. If attire is offensive you will be politely asked to re-place the offending article of clothing. Please place all clothing and Gym Bags in the locker rooms and on the coat racks - not in the gym area. These items pose a trip hazard.

## Shoes

Clean, supportive sneakers should be worn that have not been worn outside. Open-toed shoes, sandals or street shoes that have tracked in snow, mud, salt etc., are not allowed.

## Locker Room Facilities

As a courtesy to other patrons please pick up after yourself before leaving the bathroom, changing and sink areas and leave them clean for the next patron. Wearing "shower shoes" when bathing helps prevent the spread of disease. Locker rentals are available. Patrons must provide their own lock.

# Fitness Center Services

All services are free for all members of the center

## Fitness Consultations & Nutrition Coaching

Consultations are available by appointment for those seeking guidance on weight loss, exercise programming (aerobic/cardiovascular, strength training and flexibility training); or to answer any questions relating to living a healthy, fit and productive lifestyle. Consultations will range from 15 minutes to an hour depending on your needs. Consultations may include a BCA check, a review of fitness background, aerobic and strength assessment, functional movement screening (FMS), goal setting, workout program, and possible lifestyle changes that will help you attain your fitness goals. Call the front desk at 438-4261 to set up your appointment.

## Classes

A wide variety of aerobic and fitness classes are available at various times throughout the day. Please call the center or visit our website for a description of the classes.



## Racquetball

Call 207-438-4261 to make a reservation. There is an hour time limit per reservation.



## Monthly Fitness Challenge

Each month we will offer a fitness challenge for patrons to compete in. They will have the entire month to participate in the challenge and may do it multiple times. The challenges alternate between cardiovascular and muscular strength/endurance events.

## Incentive Programs/Contests

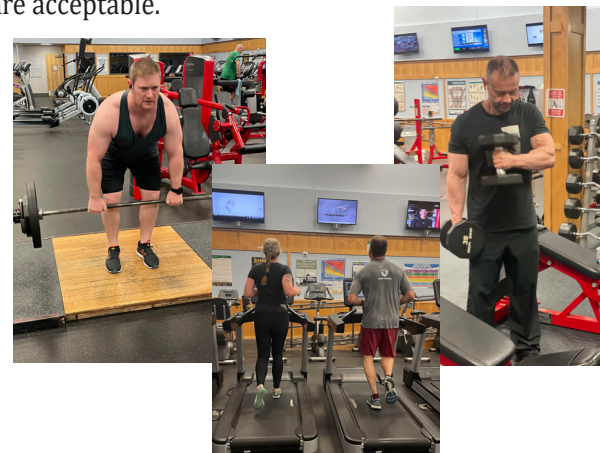
Throughout the year MWR offers various incentive programs and contests to help keep your interest in maintaining a healthy life-style. Information is posted on the bulletin boards or you may inquire at our front desk about our programs and prizes.

## Intramural Sports

Admirals cup competition and league sports are offered throughout the year include softball, basketball, soccer, flag football, volleyball, racquetball, ultimate Frisbee, Wallyball, dodgeball, disc golf, bowling, darts and more! Call the Fitness Center for more data.

## Exercise Equipment

When using free-weight bars please use collars and a spotter to avoid accidents/injury. Please return all dumbbells and plates back to their racks when you are finished. For the comfort of all patrons please refrain from using foul language or making loud noises while exercising. Please clean the exercise equipment when you are finished exercising. Disinfectant wipes are located throughout the facility. Please refrain from bringing food or drinks in to the fitness facility. Water and sports beverages in appropriate bottles with lids are acceptable.



## Audio/Visual Equipment

The televisions are preset to certain general channels, i.e. local and national news, weather, stock markets, sports and general viewing. The radio station is a neutral, non-offensive local station providing a variety of music. We suggest bringing personal headphones if you prefer something better suited to your own personal tastes; Wi-Fi is available.