NEED HELP PASSING YOUR NEXT PFA?

THE CALLAGHAN FITNESS TEAM CAN HELP!

Step
TRX
Core Fitness
Spin-Cycle
Bodyshaping
Circuit Training
Cardio Kickboxing
Pilates
Flexibility Training
HIIT
Aqua Fitness
NOFFS

CALL FOR MORE INFORMATION.

757-967-2500

NORFOLK NAVAL SHIPYARD
PT4URPRT

NOW OFFERING COMMAND PT BY REQUEST ONLY. AVAILABLE CLASSES:
Callaghan Fitness Center
Command PT Reservation Policy

1. Reservations may be made for the following (circle one):
   a. Group Exercise Room
   b. Basketball court (Any time before 10 a.m.)
   c. Racquetball Court
   d. Tennis Court

2. Reservations will be approved through the Fitness Coordinator. See contact information below.

3. Reservations are for no more than 30 days.

4. All reservations must be submitted in writing or via email.

5. MWR Instructor requested? YES__________ NO__________

6. All requests must include the following information:
   a. Name of Department/Command
   b. POC (Point of contact)
   c. POC phone number & email
   d. Number of people to attend
   e. Date(s)
   f. Time(s)
   g. Purpose for reservation (see #8)

7. The following rules must be followed:
   a. Equipment use must be pre-approved by the fitness team.
   b. All equipment used must be cleaned and returned to its proper location.
   c. All equipment must stay in facility unless approved by fitness team.

8. Purpose for reservation – Command PT, FEP and PFA. Any other purpose must be approved by Athletic Director. See contact information below.

9. MWR TEAM MEMBERS reserve the right to revoke any reservation made whose participants are not following the stated purpose of use.

   Fitness Coordinator – 757-967-2500
   Athletic Director – 757-967-2507

   Approval__________________________________ Date____________________________