

DAILY COMMAND PT FITNESS RESOURCE

Open Command PT
Monday - Friday at
the NOFFS Pavilion
0700-0900 & 1300-1500



OPEN SPACE

- Patriots' Grove Greenspace
- Gym Pavilion
- NOFFS Pavilion
- Allegheny Recreation Complex
- Tennis & Basketball Courts
- Enterprise Field
- McFarland Field

- Sea King Field
- Outdoor Track
- River Cove Greenspace
0730-0930 Only
- Navy Inn Greenspace
- Perimeter Road
- Antenna Farm

RESERVED SPACE

- McCaffrey Softball Complex
- Gymnasium & Indoor Pool
2 reservations per month

SCAN FOR THE FITNESS
CLASS SCHEDULE

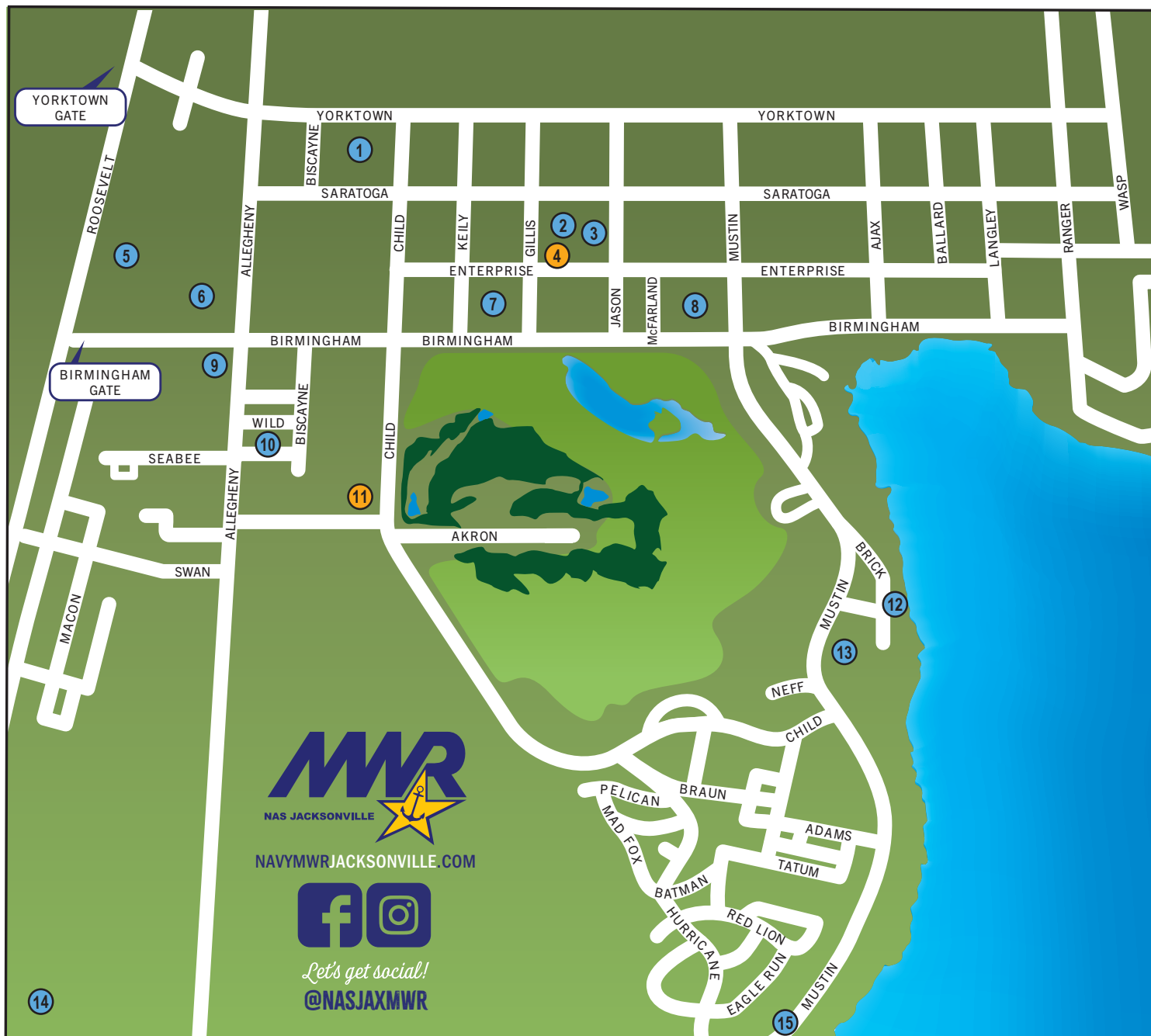


For more info call **904-542-3518** or for training call **904-542-8128**.



STAY CONNECTED AND FOLLOW US ONLINE
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DAILY COMMAND PT FITNESS RESOURCE

MWR is here to help you meet your daily PT requirement.
Check out one of our open spaces or attend an Open Command PT.

OPEN COMMAND PT
Monday - Friday at
the NOFFS Pavilion
0700-0930 & 1300-1430



Scan for the monthly
Group Exercise calendar,
located under the
"Downloads" tab.

For more information call (904) 542-3518
or to speak with a trainer, call (904) 542-8128.

MAP# BLDG# FACILITY

OPEN PT SPACES

1	NA	Patriots' Grove Greenspace
2	NA	Gym Pavilion
3	NA	NOFFS Pavilion
5	NA	Allegheny Recreation Complex
6	NA	Tennis & Basketball Courts
7	NA	Enterprise Field
8	NA	McFarland Field
9	NA	Sea King Field
10	NA	Outdoor Track
12	NA	River Cove Greenspace 0730-0930 Only
13	NA	Navy Inn Greenspace
14	NA	Perimeter Road Not visible on map
15	NA	Antenna Farm Not visible on map

RESERVATIONS REQUIRED FOR USE

4	614	Gymnasium & Indoor Pool Maximum of 2 reservations per month
11	NA	McCaffrey Softball Complex