

Fletcher Fitness Center

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

HOURS
Monday - Friday, 5 AM - 8 PM
Saturday & Sunday, 8:30 AM - 4:30 PM
Closed All Major Holidays

“Stay Healthy, Stay Fit, Stay Navy”



Ph: 207-438-4261
Fax: 207-438-4263
DSN: 684-2286

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.

Membership Information

Fletcher Fitness Center is available free of charge to Active Duty, Active Duty spouse & children, Active Duty Retired, and DoD employees. Everyone must show an ID upon entry. All guests and DoD dependents must be accompanied by their sponsor and pay the appropriate fees. PNSY contractors may use the facility for a fee: \$2.00/Day, \$15.00/Month, \$80.00/6 Months, \$160.00/Year

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 and their family members are welcome to use our facility free of charge. DoD employees are also free. Their family members, or guests pay a guest or membership fee. Please ask at the front desk for more details.

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.

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 replace 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 3 months for \$10.00, 6 months for \$15.00, or 12 months for \$20.00. Patrons must provide their own lock.

For a complete list of current classes and programs offered visit the MWR website:
www.navymwrportsmouthshipyard.com

Like us on Facebook!
www.facebook.com/pnsyffr

Fletcher Fitness Center Services

All services are free for all members of the center

Fitness Consultations & Weight Loss Programs



Consultations are available by appointment for those seeking guidance on weight loss, exercise programs (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 complete health history/fitness background, body composition analysis, aerobic/strength assessment, function 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.

Incentive Programs/Contests

Throughout the year MWR offers various incentive programs and contests to help keep your interest in maintaining a healthy lifestyle. 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 details.

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 and cleaning towels can be picked up at the front desk and left in dirty towel bin on your way out.

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. Please refrain from trying to adjust the channels or volume on our audio / visual equipment. We suggest bringing a personal Ipod if you prefer something better suited to your own personal tastes; Wifi is available for use.

Guests

Contractor employees who are not Fletcher Fitness Center members may use the gym for a \$2 daily guest fee. Guests of members are also \$2. The Fitness Center is not open to the general public.



NOFFS

The Navy Operational Fitness and Fueling Series (NOFFS) is designed to provide the Navy with a world-class” performance training resource for Sailors.

NOFFS is offered the last Thursday of every month, or per request