



JOHN H. CHAFEE FITNESS CENTER PROPER ATTIRE



TOPS

Shirts that have an armpit gap that is less than the palm of your hand

Shirts that cover torso and do not expose excessive skin or undergarments

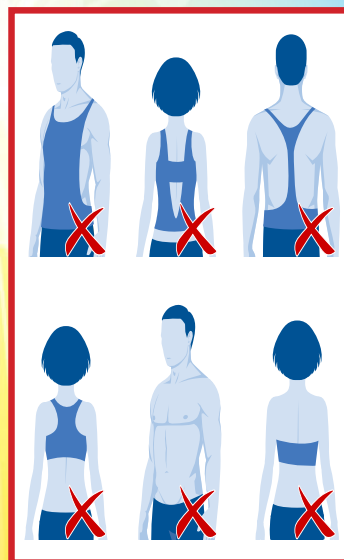
BOTTOMS

Shorts cannot expose buttocks or undergarments, must have at least a 4" inseam

FOOTWEAR

Shoes must be athletic, closed-toed, cover entire foot with rubber sole, and be non-marking soles

****All clothing items must appropriately cover while standing at rest and during activity****



The fitness center staff has the final discretion on appropriate attire.
Thank you for your cooperation.



FITNESS CENTER

Monday - Friday	5 am - 8 pm
Saturday & Sunday	8 am - 3 pm
Federal Holidays	9 am - 2 pm

Locker rooms are secured for cleaning: Men's Tuesdays from 2:15-3:30 pm & Women's Wednesdays 8:30-9 am. During those times family locker rooms will be available.

POOL - 25 METERS - AVERAGE TEMP IS 82°

Adult (18+) Lap - Mon, Wed Fri: 9 am-6 pm	Adult (18+) Lap - Tue & Thu: 6 am-2 pm
Open Swim: Wed & Fri 3-6 pm	Water Fitness: Tue 9-9:45 am
Water Wellness: Mon-Fri: 9-10 am & 1-2 pm	Weekends & Federal Holidays: Closed

100% ID CHECK

Each time you enter the facility.

ELIGIBLE PATRONS

Active-duty personnel, reservists, retirees, eligible family members, Veterans (100% disabled), and DoD civilians*

**DoD civilians can only sponsor immediate family members.*

Guest entrance fee: \$5.00. Guests are not allowed Monday through Friday from 11 am-1 pm.

DIRECTORY

Front Desk	(401) 841-3154/2512
Fax	(401) 841-4500
Fitness Director	(401) 841-4038
Fitness Coordinator	(401) 841-7354
Fitness Facility & Sports Coordinators	(401) 841-7355
Aquatics Coordinator	(401) 841-6628

RESERVATIONS

All command reservation requests (class, courts, track, PRT equipment, and pool) need to be made by current CFL/ACFL and should be emailed to: ChafeeReservation@gmail.com. PRT equipment at our facility includes: Life Fitness INCSC Stationary Bikes, Concept 2 Rowers, and Matrix Treadmills.

Indoor Track: The track has two lanes (large groups must run in multiple waves, please account for this in the request time).

Pool: The pool can provide two lanes and must be booked during hours of operation.

Updated 8/26



JOHN H. CHAFEE FITNESS CENTER
1109 Taylor Drive Naval Station Newport



AMENITIES

- 25 meter Indoor Pool
- Dry Sauna
- Indoor Running Track
- Personal Training
- Basketball, Volleyball
- PRT Support/NOFFS
- & Racquetball Courts
- CFL Training & Certification
- Group Fitness Classes
- Cardio & Weight Equipment

Our mission is to provide quality athletic, fitness and recreational services to promote and enhance the physical, emotional, and mental well-being of our Sailors and their families.



401.841.2512 | NavyLifeNPT.com

NavyLifeNPT



GROUP FITNESS CLASSES

Group classes are offered Monday - Sunday throughout the day. We offer a variety of classes such as Zumba™, yoga, indoor cycling, strength training, water fitness and Les Mills BODYPUMP™. Classes are designed to meet the needs of all fitness levels. Classes are free for active-duty personnel, Reservists, Retirees and their dependents. There is a \$5 fee for DoD civilians.



PERSONAL TRAINING



Our team of accredited certified trainers can assess your fitness level, provide valuable information and motivate you to achieve your fitness goals. Personal training is ideal for patrons who are new fitness, coming back to the gym after an absence or injury, or those who want to achieve a specific fitness goal.

INCENTIVE PROGRAMS

MWR Fitness offers a variety of programs designed to motivate and encourage patrons to reach their athletic/fitness goals. Current challenges are listed at the fitness center or you can find them at www.navylifepnt.com/events.

COMMAND CONDITIONING

Fitness is a top priority of the Navy, and the MWR Fitness Staff is committed to helping your command meet the increasingly challenging Navy standards. Many of our classes incorporate the practice of the Warrior Toughness Program. For more information and reservations, email ChafeeReservation@gmail.com.

NOFFS

Navy Operational Fitness and Fueling System

AWARENESS PROGRAMS

We offer different workshops and clinics for specific topics, including, but not limited to:

- Mental Health
- Stress Management
- Back Pain Prevention
- Stretching
- Nutrition
- Injury Prevention
- Clinics: Runners, Golf & Pickleball



INTRAMURAL SPORTS



The John H. Chafee Fitness Center has Intramural Sports for every season (i.e. flag football, basketball, softball, and volleyball)! Free for all military personal and their dependents (18+), DoD civilians \$15. All teams must pay \$100 refundable forfeit fee.

YOUTH FITNESS



Children ages ten through 14 years old may use the fitness facility after receiving a youth orientation from a certified Fitness Specialist. The orientations includes facility information and safety instruction. Fitness Specialists will also give detailed instruction on the usage of suitable cardio and strength equipment. After completion of the program, the youth can use all authorized cardio and/or weight equipment with the supervision of parent/guardian. Advanced sign up is required.

Refer to the MWR Naval Station Newport Fitness Age Authorization Chart.

SPECIAL EVENTS

We offer different special events throughout the year:

- Fun Runs
- Health & Wellness Events
- Family Fun Nights
- Monthly Challenges

FAMILY FITNESS

The Family Fitness Gym is located in the Community Recreation Center, Building 656. This area is a designated fitness space for patrons with young children ages 9 years old and younger. The fitness space has cardiovascular machines, strength equipment and safe play area for children. Parent/guardian must be in the designated area with their children at all times.



GOLF SIMULATOR

The simulator is located in the Community Recreation Center, Building 656. Reserve 24 hours in advance. Monday-Friday call MWR Concierge Office at (401) 841-2094 or in person. Weekends and Federal Holidays call Liberty Center at (401) 841-1053 or in person. Payment made on day of use. One hour time slots bay rental, up to four players, prices vary per rank. Bring your own clubs.



Need a little extra help or just want to learn more about mental well-being, wellness or nutrition? We have certified Fitness Specialists on staff who can help individuals or an entire command. Call (401) 841-7354 or speak to any Fitness Specialist.