

SPECKER HUMAN PERFORMANCE CENTER OPERATIONS EFFECTIVE 02 MAR 22

HOURS OF OPERATION

(CLOSED HOLIDAYS)

MON-FRI	SAT, SUN
0500 - 1900	0700 - 1200

- **Open to all eligible user groups: Active Duty Military, AD Family Members, DoD Civilians and Retirees, and their Family Members.**

- Patrons 16 - 17 are permitted to utilize all weight training areas and cardiovascular equipment at SHPC unsupervised during normal operating hours.
- Youth 13 - 15 may **ONLY** utilize cardio exercise equipment and weight equipment at SHPC.
 - **They MUST be actively supervised by a parent or legal guardian at all times while in the facility.**
- Youth 12 and under are not allowed in the facility.

- No guests permitted at this time.

- **Strollers/baby carriers are not allowed in the facility.**

- Patrons and employees must wipe down equipment after use.

- **Gym bags are not allowed on main floor of SHPC;** locker rooms and main floor cubbies are available for personal items.

Specker Human Performance Center (703) 806-4430/4647
belvoir.armymwr.com