

KEEP IT SAFE, KEEP IT OPEN!

MACDILL FITNESS CENTER GUIDLINES

MANDATORY ITEMS FOR ENTRY

- Military & DoD Civilian CAC Holders Only
- Personal towel
- Water bottle
- Mask

WIPE DOWN BEFORE & AFTER

- Wipe your sweat
 - Wipe equipment before use
 - Wipe equipment after use
- * Disinfectant & wipes will be provided, you must bring your own towel*

*Watch for Updates
on the Short FC
facebook page*



AVAILABLE AREAS

- Main weight room & Selectorized weight room
- Upstairs cardio room
- Restrooms
- Outdoor areas & equipment

WORKOUT PARAMETERS

- 60 minute max workout time
- One piece of equipment at a time (no supersets)
- Maintain 6-feet of distance between others

MASK WEAR

Required in all areas, may be removed only while on cardio equipment



HOURS OF OPERATION

Mon-Fri: 5am-7pm
Sat: 6am-12pm
Sundays/Holidays: Closed

ONLINE FITNESS CLASSES!

Short FC FB Page

Pilates, Piloxing, HIIT 'n' Sculpt, Restorative Yoga, Bootcamp & MORE!

Go to macdillfss.com for schedule