

FITNESS

FITNESS DIRECTOR & FACILITY MANAGER

703.784.2672

FITNESS DECK | 703.432.0593

- Wide variety of cardiovascular and strength equipment
- Stretching and ab area

GROUP EXERCISE | 703.784.2339

- Over 20 classes offered each week
- Unit PTs

HITT OFFICE | 703.432.0592

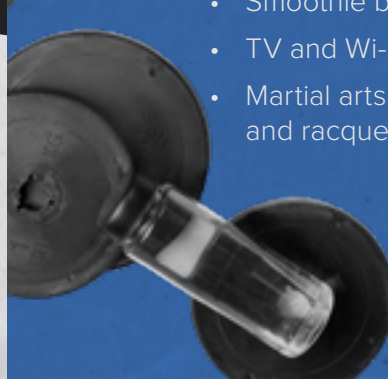
HITT CENTER | 703.784.5799

INTRAMURAL SPORTS | 703.432.1475

PERSONAL TRAINING | 703.432.0593

- One-on-One Personal Training
- Fitness Assessments

**** Fee for spouse, dependent, or DoD civilian**



HEALTH PROMOTION CENTER

703.784.3780

REGISTERED DIETICIAN

703.784.2869

- One-on-One consultations available**
- Cooking classes
- Nutrition classes

HEALTH SCREENINGS

- Blood pressure
- Bone density**
- Resting metabolic rate**
- Body composition

HEALTH RELATED CLASSES

- Stress management
- Tobacco cessation
- Alcohol awareness
- Suicide awareness
- HIV/STD awareness



AMENITIES

- Locker rooms, showers, and bathroom facilities
- Separate sauna for men and women
- Smoothie bar
- TV and Wi-Fi lounge
- Martial arts room, basketball courts, and racquetball courts