# POLICIES

All patrons must present DoD issued CAC or a dependent/retired military ID (upon entrance), except active duty in uniform.

#### APPAREL

 Must follow the MCBQ0 1020.1K dress code. View online or scan QR code below: bit.ly/QuanticoBPAC

#### **GUEST**

- Two guests per patron, per visit. (must be 18+ to bring a guest)
- All guests must provide identification
- Authorized patrons must accompany supervise, and participate in the same activity as their guests, and are not to leave them unattended at any time
- Contractors aboard MCB Quantico are bonafide guests of the command and do not require a sponsor to sign them in. CONTRACTORS MAY NOT SPONSOR GUESTS
- \$5.00 charge per guest/per day

#### AGE RESTRICTIONS

- Children 12-15 years old must be accompanied by an adult 18 or over
- Over 16, allowed unaccompanied.
- 10 year olds may use basketball and racquetball courts when accompanied by an adult 18 or older.



### **GENERAL HOURS**

MONDAY - FRIDAY 5 AM - 8 PM

**SUNDAY** 9 AM - 5 PM

SATURDAY 8 AM - 5 PM FEDERAL HOLIDAYS CLOSED

### **UNMANNED ACCESS**

**MONDAY - THURSDAY** 8:30 PM - 4:00 AM **SATURDAY** 5:30 PM - 8:00 AM

**FRIDAY** 8:30 PM - 7:00 AM **SUNDAY** 5:30 PM - 4:00 AM

Unmanned access available for active duty and first responders stationed aboard MCBQ. Register at the front desk or visit: bit.ly/QuanticoBPAC



Barber Physical Activity Center Follow us on Facebook @QuanticoBPAC

2073 Barnett Ave, Quantico VA 22134 **703.432.0590** or **703.784.2003** 



03/2023





## **BARBER PHYSICAL ACTIVITY CENTER**

703.432.0590

# 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





**AMENITIES** 

bathroom facilities

• TV and Wi-Fi lounge

and racquetball courts

• Smoothie bar

Locker rooms, showers, and

• Separate sauna for men and

Martial arts room, basketball courts,

## HEALTH Promotion Center



#### **REGISTERED DIETICIAN**

703.784.2869

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

#### **HEALTH SCREENINGS**

- Blood pressure
- Bone density<sup>\*\*</sup>
- Resting metabolic rate\*\*
- Body composition

#### **HEALTH RELATED CLASSES**

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

