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

<table>
<thead>
<tr>
<th>MONDAY - FRIDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 AM - 8 PM</td>
<td>9 AM - 5 PM</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>FEDERAL HOLIDAYS</td>
</tr>
<tr>
<td>8 AM - 5 PM</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

UNMANNED ACCESS

<table>
<thead>
<tr>
<th>MONDAY - THURSDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 PM - 4:00 AM</td>
<td>5:30 PM - 8:00 AM</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>SUNDAY</td>
</tr>
<tr>
<td>8:30 PM - 7:00 AM</td>
<td>5:30 PM - 4:00 AM</td>
</tr>
</tbody>
</table>

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