

POLICIES

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

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.

BPAC also houses a variety of Semper Fit programs and activities.

INTRAMURAL SPORTS

703.432.1475

HOURS

MONDAY - FRIDAY

5 AM - 8 PM

SATURDAY

8 AM - 5 PM

SUNDAY & FEDERAL HOLIDAYS

9 AM - 5 PM

BARBER PHYSICAL ACTIVITY CENTER
2073 BARNETT AVE, QUANTICO VA 22134
703.432.0590 OR 703.784.2003



quantico.usmc-mccs.org



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MCCS
SEMPER FIT

BARBER PHYSICAL ACTIVITY CENTER

703.432.0590

FITNESS

FITNESS DIRECTOR & FACILITY MANAGER

703.784.2672

GROUP EXERCISE | 703.784.2339

Over 40 classes offered each week
Unit PTs

HITT OFFICE | 703.432.0592

HITT CENTER | 703.784.5799

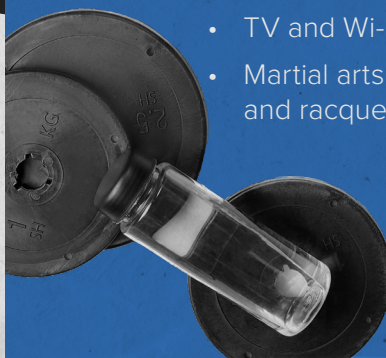
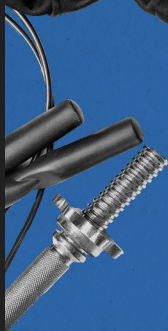
PERSONAL TRAINING | 703.432.0593

- One-on-One Personal Training
- Fitness Assessments

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

FITNESS DECK | 703.432.0593

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



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

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

