

## Amenities

- cardiovascular equipment
- strength training equipment
- stretching area
- lockers rooms with showers and saunas
- racquetball and basketball courts
- equipment for checkout (racquetball, basketballs, wallyball sets, volleyball, softball, etc.)
- 50 x 25 yard pool at the New Wave Aquatic Center
- softball fields
- soccer/football field
- disc golf course
- outdoor basketball and tennis courts and outdoor hockey rink

## Intramural Sports

A wide variety of intramural sports are available for commands and individuals. Call (843) 794-4118 for more information.

## Our Mission

Joint Base Charleston—Weapons Station  
Fitness & Sports personnel are here to provide best in class services and programs to meet the health and fitness needs of our service members and authorized patrons.



## Hours of Operation

### **Sam's Fitness Center**

Monday-Friday	5:30 am-10:00 pm
Saturday	7:00 am-10:00 pm
Sunday	7:30 am-10:00 pm
Holidays	9:00 am-3:00 pm

### **Eastside Fitness Center**

Monday-Friday	6:00 am-6:00 pm
Saturday/Sunday/Holidays	Closed

### **New Wave Aquatic Center**

Open Memorial Holiday weekend - Mid-August

2316 Red bank Road (Bldg 708)  
Goose Creek, SC 29445

Official Website: [www.JBCharleston.com](http://www.JBCharleston.com)  
Facebook: [jbcharleston weaponsstation](https://www.facebook.com/jbcharlestonweaponsstation)

*Sam's Fitness Center*  
**(843) 794-4173**

*Eastside Wellness Center*  
**(843) 794-7102**

*New Wave Aquatic Center*  
**(843) 794-4092 (843) 794-7530**



## Fitness Center Policies

- Eligible patrons must present proper identification and sign in
- No foul language
- Gym bags/backpacks are to be stored in the lockers and not in the weight or cardio rooms
- No free-lance personal training
- Proper customer attire:

(IAW AFI 34-266, para. 1.6.2)

Attire must be conservative and modest in nature. Obscene/offensive language or graphics are prohibited. Athletic attire and athletic-type shoes will be worn in all activity and equipment areas. Military utility uniforms are authorized to be worn during workouts and members may remove their utility uniform coat; however, t-shirts must be worn. Only court shoes with non-marking soles will be worn on hardwood floors; boots are not authorized on treadmills or hardwood floors. Casual slacks/shorts and jeans are considered non-exercise attire and are not to be worn. Due to safety concerns, garments made of plastic, rubber, nylon, etc., that are designed to increase sweating, are not authorized in any fitness facility, to include outdoor running tracks and fields. *Customers not wearing proper attire will be asked change into appropriate exercise clothing or leave the facility.*

## Guest Policy

- Sponsor and guest must present proper identification
- Sponsor and guest must be at least 18 years of age
- Sponsor and guest must sign in and sign guest waiver form at the front counter
- Sponsor must remain with guest at all times while in the facility
- Authorized patrons are allowed to sponsor one guest per day

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## Age Policy

- All youth 10 and older must have a DoD ID card
- Youth  $\geq 16$ , are permitted in all areas of the facility without a qualified adult
- Youth 13-15 are authorized to exercise on cardio and strength equipment or attend a group exercise class only while under adult ( $\geq 18$  yrs.) supervision at all times
- Youth 6-12 are restricted to utilizing the basketball and racquetball courts and locker rooms, only while under adult supervision at all times
- Children under 6 are not permitted in the fitness center except while participating in age appropriate programming or spectating in a sports activity/special event under adult supervision at all times.

## Fitness Programs

- Facility Orientation: Staff will introduce you to the cardiovascular and strength equipment, as well as, other programs offered at our facility
- Personal Trainers: a certified personal fitness trainer will work with you on a consulting basis to help design a fitness program that is tailored to your fitness goals (by appointment only)
- Group Fitness Classes: We offer a wide variety of group conditioning and strength classes, such as; cycling, core training, yoga, Zumba, etc. throughout the year. Ask a staff member for a schedule and class information
- Body Composition and Fitness Evaluations: One of our certified fitness trainers can assess your current body composition and fitness level to help design a program to help you achieve your fitness goals (By appointment only)
- Massage Therapy: A licensed massage therapist is available to soothe and relax your aching muscles (By appointment only)
- Special Fitness Events: We host numerous special events throughout the year. Keep an eye out for the next fitness challenge or 5K advertisement or ask a staff member for event information