

**STARTING ON MON, 08 Jun 2020,
JFCNP GYM WILL BE OPEN FOR ALL ENTITLED
PERSONNEL
(military and civilian)**

Working hours

Mon – Fri, 6 sessions / day, 1h20' each, followed by a 10 min. break:

06.30 – 07.50 military personnel only

08.00 - 09.20

09.30 - 10.50

10.50 - 12.30 – technical break for cleaning

12.30 - 13.50

14.00 - 15.20

15.30 - 16.50

Tue and Thu additional evening session, 17.00 - 18.20 military personnel only.

The facilities that can be used are:

- The weight room
- The multi-activity room (for non-intensive exercises – stretching or muscle strengthening sessions);
- The cardio room (6 people max.
- **Track/Football field changing rooms and showers - for personnel training out-doors.**

Not available: squash courts, saunas, gymnasium

General rules in place:

- respect of the COVID-19 preventive measures;
- prior reservation by phone mandatory - “first come-first served”. **Reservations can be made, during working hours at NCN: 433.2770 and Mobile/Fix: 081.721.2770;**
- **in case of use of Track/Football field’s showers please inform at 433.2770/0817212770 communicating the date in order to keep track and control of the facility.**
- maximum 1 session/day (1h and 20 min.) and no more than 3 sessions/week per person;
- maximum of 20 users at a time (12 men, 8 women), due to shower usage restrictions
- use a mask / face covering during incoming and outgoing time;
- disinfect the hands with a hydro-alcoholic solution at the beginning and at the end of the activities;
- one person per bench in the changing rooms;
- physical distance: 2 - meter distance between people involved in physical activities;
- always place a clean towel between you and the fitness machine / equipment / benches;
- disinfect the fitness machine / equipment / benches with a hydro-alcoholic solution at the beginning and at the end of your activities;
- use a plastic bag to store your personal belongings (it is recommended to reserve a locker for long term);
- consumables to be provided by MWA.