

HOURS

Regular Hours

Mon-Fri **Sat**
0400-2100 0800-1700

Sun & Federal Holidays
0900-1700

Winter Hours

(November-March)

Mon-Fri **Sat** **Sun**
0400-2100 0800-1800 0900-1800

Closed

New Year's Day, Thanksgiving Day,
& Christmas Day

POLICIES

ID

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

Guests

- Two guests per patron, per visit,
(must be 18+ to bring a guest)
- Guests must reside 100 miles or
more from facility
- Guests must provide driver's license

Age

- Children 12-15 years old must be
accompanied by an adult 18 or over
- Over 16, allowed unaccompanied

OTHER ACTIVITIES

Barber Physical Activity Center also
houses the following Semper Fit Activities

Intramural Sports
703-432-6002

Varsity Sports
703-784-5627

Youth Sports
703-784-9756



Barber Physical Activity Center
2073 Barnett Ave
Quantico VA 22134

703-432-0590
or
703-784-2003

www.quantico.usmc-mccs.org



BARBER PHYSICAL ACTIVITY CENTER

FITNESS

Fitness Director **703-784-2672**

Group Exercise** **703-784-2339**

- Over 40 classes offered each week
- Senior classes available
- Unit PT's

Fitness Programs **703-432-0592**

- Clinics
- Competitions

Fitness Training **703-432-0593**

- One-on-One training
- Fitness assessments
- Equipment orientation

Fitness Deck **703-432-0593**

- Wide variety of cardiovascular and strength equipment
- Stretching and ab area
- 10 TVs, Broadcast Vision

Functional Fitness Room

Specifically designed for functionally dynamic workouts and power lifting catered toward improving combat conditioning.

Equipment includes: Olympic platform, half racks, bumper plates, plyo boxes, kettlebells, and more.



Barber Physical Activity Center
Facility Manager **703-432-1475**

AMENITIES

- Locker rooms, showers, and bathroom facilities
- Separate sauna for men and women
- AJ's Cafe
- TV and Wi-Fi Lounge
- Cooperative childcare program available

**fee for service*

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

SEMPER FIT CENTER

Health Promotion **703-784-3780**

Public Health Educator **703-784-2205**

Registered Dietician **703-784-2869**

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

Health Screenings**

- Blood pressure & cholesterol tests
- Bone density
- Resting metabolic rate
- Body composition

Health Related Classes

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

Massage Therapy* **703-282-6920**

- Certified massage therapist
- By appointment only

Resource Center

Provides information on various health topics, to read and enjoy while at the center.