



NEHC Workshop

# Fitness Center Locations!

Exercise opportunities are available to all personnel attending the 43rd Navy Occupational Health and Preventive Medicine Workshop, 9th Annual Independent Duty Corpsmen Conference, and the 5<sup>th</sup> Annual Combined Operational and Aeromedical Problems Course

## All Fitness Center locations are within 1 mile proximity from NEHC Workshop!

- (1) **Bally Total Fitness** - Club Greenbrier (behind Greenbrier Mall)
- (2) **YMCA Fitness Center** – Old Greenbrier Road (near Holiday Inn)
- (3) **Gold's Gym** – Greenbrier Road (across from Greenbrier Mall)
- (4) **Founders Inn Fitness Center** - (available to Founders Inn hotel guests)
- (5) **Holiday Inn Exercise Room** - (available to Holiday Inn hotel guests)

### • **Aerobics – Group Exercise**

- Powerflex / Body Pump
- Kardiobox
- Aquafitness
- Boot Camp
- Hip Hop
- Pilates
- Yoga
- Low Impact
- Step Aerobics

### • **Muscular Fitness**

- Free weight & machine

### • **Stair Stepping**

### • **Treadmills - Jogging**

### • **Elliptical Training**

### • **Cycling** (group classes available)

### • **Swimming (Lap Pool)**

### • **Flexibility Areas**



## Gold's Gym: (Across from Greenbrier Mall – Beside Regal Cinemas)

- **Location:** Across from Greenbrier Mall, 600 Jarman Road, Chesapeake, VA
- **Available to:** NEHC Workshop attendees
- **Fee:** No cost to all NEHC Workshop attendees throughout the week of the workshop.
- **Registration:** Show NEHC Workshop badge
- **Facility Hours:** Monday – Thursday 0500 – 2300, Friday 0500 – 2200, Saturday – Sunday 0800 - 2000
- **Group Exercise Classes:** Spin Classes, Body Pump, Turbokick, Pure Stretch, Step 2, Super Sculpt, Hi/Lo Aerobics, Yoga, Pilates, Martial Arts
- **Equipment:** 60,000 sq. ft. facility, state of the art exercise equipment, personal training staff,, daycare center, locker rooms, shower facilities, racquetball, volleyball, squash courts
- **Phone:** (757) 424 - 1600

## Bally Total Fitness: (Behind Greenbrier Mall)

- **Location:** Behind Greenbrier Mall, 1501 Ring Road, Chesapeake, VA
- **Available to:** NEHC Workshop attendees
- **Fee:** \$15.00 for March 18 – March 26. **Entire \$15.00 fee is reimbursable** – just purchase \$15.00 of products from Bally Total Fitness Pro Shop or Smoothie Shop, and show receipt of purchases to Bally staff.
- **Registration:** To register, see David Zepeda, General Manager, at the Bally front registration desk. Show NEHC Workshop name badge to Mr. Zepeda. (If Mr. Zepeda is unavailable, see Fernando or Michele.)
- **Facility Hours:** Monday – Friday 0600 – 2300, Saturday – Sunday 0800 - 2000
- **Pool Hours:** Monday – Friday 0600 – 1400 & 1500 – 2130, Weekend 0900 – 1300 & 1500 -1730
- **Group Exercise Classes:** Powerflex Extreme, Hip Hop, Hi-Lo Impact, Advanced Step, P-Ball/P-Rebound, ABS, Buns, and Legs, Yoga, Pilates, Aqua Fitness
- **Equipment:** 50,000 sq. ft. facility, state of the art exercise equipment, aquatics (lap pool) facility, personal training staff,, daycare center, locker rooms, shower facilities, indoor track
- **Phone:** (757) 420 – 2513

## Founders Inn Fitness Ctr.: (CBN/Regent Campus- Behind Founders Inn)

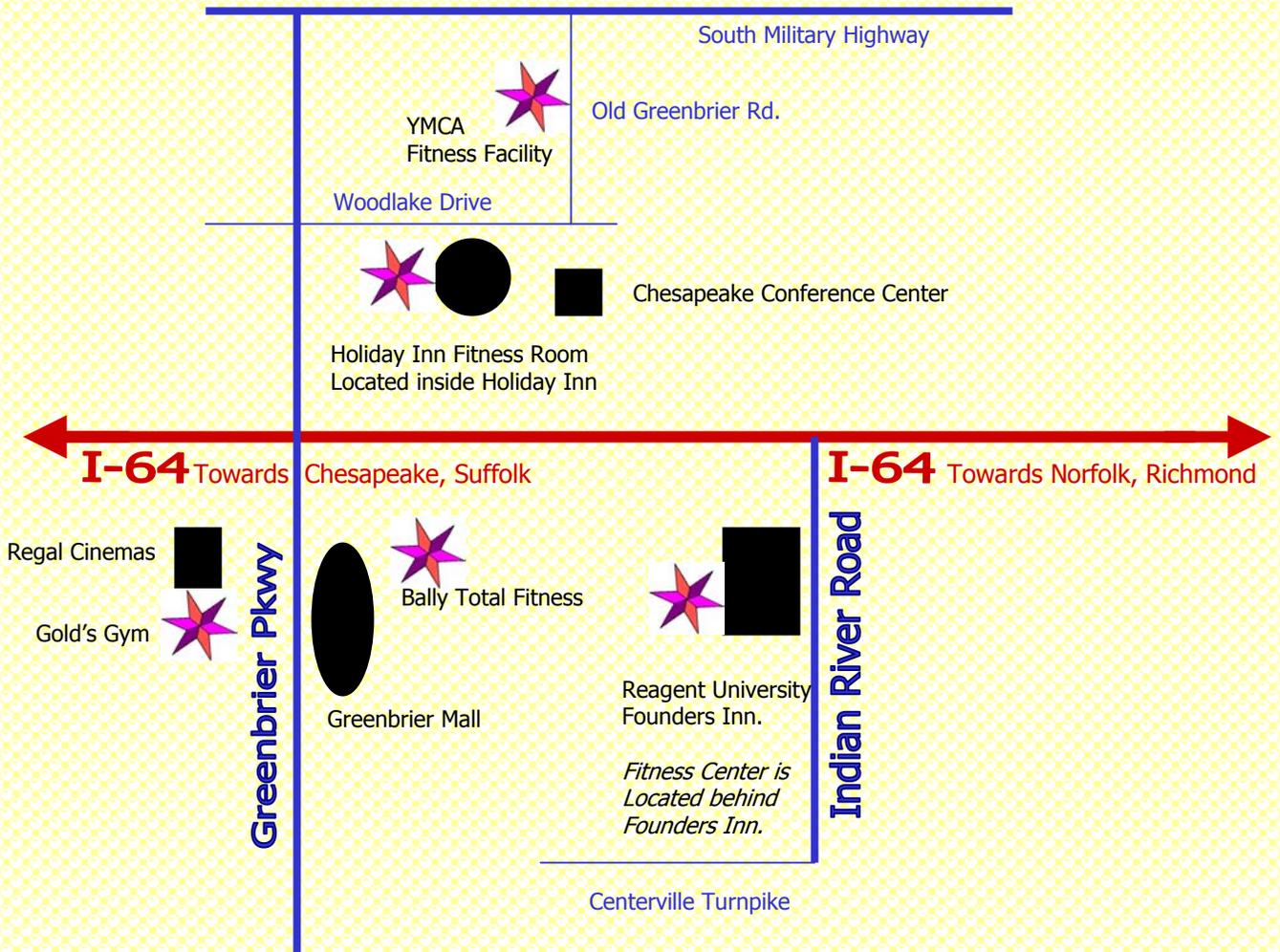
- **Location:** CBN/Regent University campus, behind Founders Inn, Virginia Beach, VA
- **Available to:** NEHC Workshop attendees lodging at the Founders Inn
- **Fee:** No cost
- **Registration:** Show NEHC Workshop name badge to registration desk personnel
- **Facility Hours:** Monday – Saturday 0600 – 2200, Sunday 0800 - 2000
- **Group Exercise Classes:** Kardiobox, Boot Camp, All Out Abs, Big Ball, Toning and Conditioning
- **Equipment:** weight room, basketball hoop, ¼ mile walking trail, cardiovascular room, indoor pool, lighted tennis courts, aerobic/exercise room, massage therapy room, racquetball/walleyball court
- **Phone:** (757) 366 -5790

## Greenbrier North YMCA: (¼ mile from Chesapeake Conference Ctr)

- **Location:** 2100 Old Greenbrier Rd. (1/4 mile from Chesapeake Conference Center / Holiday Inn)
- **Available to:** NEHC Workshop attendees
- **Fee:** No cost to Holiday Inn/Hampton Inn hotel guests; for non-hotel guests, the cost is \$6.00 per person per visit.
- **Registration:** Holiday Inn and Hampton Inn hotel guests show drivers license and room key to front desk personnel for a free facility pass.
- **Facility Hours:** Monday – Friday 0530 – 2100, Saturday 0800 – 1800, Sunday 1300 - 1700
- **Group Exercise Classes:** Pilates, Step, Athletic Challenge, Aerobics, Yoga, Cross Training, Bbs, Bars, Balls & Bands, Group Cycling.
- **Equipment:** 5 racquetball courts, full court gymnasium, free weight equipment, treadmills, elliptical machines, recumbent bikes, rowing machines, stair climbers, group exercise room, group cycling room, locker rooms, sauna, whirlpool, child watch center
- **Phone:** (757) 366-4457

## Holiday Inn Fitness Room (Holiday Inn beside Chesapeake Conference Ctr)

- **Location:** Holiday Inn, 725 Woodlake Drive, beside Chesapeake Conference Center
- **Available to:** NEHC Workshop attendees lodging at the Holiday Inn, Woodlake Drive, Chesapeake, VA
- **Fee:** No cost
- **Exercise Room Hours:** 0700 – 2300, daily; **Indoor Pool Hours:** 0800 – 2300, daily
- **Equipment:** Cycling, stairclimber, treadmill (limited equipment available)
- **Phone:** (757) 523-1500



For additional information regarding exercise opportunities during the 43<sup>rd</sup> Annual NEHC Workshop, contact Diana Settles, MAT, ATC, NEHC Physical Fitness Program Manager [settlesd@nehc.med.navy.mil](mailto:settlesd@nehc.med.navy.mil)