



DEPARTMENT OF THE ARMY
PENTAGON ATHLETIC CENTER
6606 ARMY PENTAGON
WASHINGTON, DC 20310-6606

AAHS – SVP

24 November 2014

MEMORANDUM FOR ALL PAC MEMBERS

SUBJECT: Facility Usage for Physical Readiness Tests

1. The Pentagon Athletic Center will assist Military Organizations by providing use of facility and equipment for Physical Readiness Testing.
2. The Group Exercise Rooms and designated stretching areas are the only locations that may be used to perform the sit-up/push-up portions of the Physical Readiness Test. Sport courts (basketball, volleyball, racquetball/handball, squash) will not be used.
3. Reservation requests for use of the Group Exercise Rooms will be accepted providing there are no classes being held during the times requested. Please check the Group Exercise Schedule for available times. For reservations, please call 703-614-7188/6710 or send an email to usarmy.pentagon.hqda.mbx.pac-fitness@mail.mil. Reservation requests may also be faxed to 703-614-5237. Reservations must be received 7 days in advance.
4. Reservations will not be accepted for the use of the Swimming Pool. The Swimming Pool may be used but you must check with the lifeguard on duty who will assist in working you into a lane to perform the test.
5. Scales, ergometer bikes, and a height measuring area are available for use at all times. A distance measuring wheel is available for member-checkout at the Front Desk. You must surrender your PAC card when signing out the wheel.
6. All non-PAC members must sign-in at the Front desk. Non-PAC members taking Physical Readiness tests are authorized the use of the daily use lockers and the showers. All other areas in the PAC are not to be used.
7. PAC owned equipment, except the distance measuring wheel, will not be signed out or taken out of the facility. The use of all PAC equipment is on a first-come-first-served basis.

TIFFANI COLE
General Manager