

MAY FITNESS CLASSES

MON

6am
CrossFit

12pm
***Strength & Conditioning 101**

TUE

12pm
***Strength & Conditioning 101**

4pm
CrossFit

5-6pm
CO-ED
Self Defense

6-7pm
Women Only
Self Defense

WED

6am
CrossFit

12pm
***Strength & Conditioning 101**

3pm
Rock Climbing Certification
Call to RSVP

4pm
CrossFit

THU


12pm
***Strength & Conditioning 101**

4pm
CrossFit

FRI

6am
CrossFit

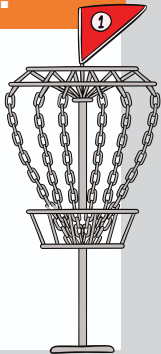
12pm
***Strength & Conditioning 101**


Blood Pressure Screening
May 1, May 17
7-9am

Health Promotion Classes
May 1, Noon-1pm
May 17, 9:30-10:30am

9-Hole
Disc Golf Course
NOW OPEN!

Course Maps
Scorecards
Disc Kits
available at
front desk.



*** Open to Civilians. Active Duty Priority. Limited to 25**