STAY FIT TO FIGHT

6 JULY - 31 JULY 2015 at the Bluff Road Armory

MonTuesWed 0730 and 1600, Fri 0730, 1500, and 1600

WELLNESS BOOT CAMP

- **Do you want to maximize your allotted PT time?**
- **Do you want to improve your APFT?**
- **Do you want to gain cardiovascular endurance?**

Contact the Health Promotion Office to learn more about the STAY FIT TO FIGHT Wellness Boot Camp and sign up:

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