



# HALLOWEEN AEROBATHON

## FREE!



# OCTOBER 21

## 10 A.M. TO 1 P.M.

## MURPHY FIELD HOUSE

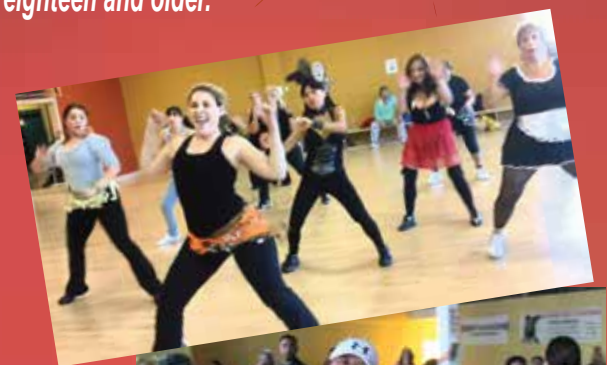
*Open to all eligible patrons of the fitness centers, eighteen and older.*

Put on your best workout and sweat-proof costume and join us for three hours of non-stop fun, great music, and sweat. Try one, some, or all of the classes for a top-notch, calorie torching workout!

Many of the Gaffney fitness instructors will be present, so it is a wonderful opportunity to try a sample of something new.

Segments will be abbreviated and flow from one right into the next. Workout for three hours straight or take breaks as needed.

Classes are suitable for all levels. Free fresh fruit and snacks are provided. Please hydrate in advance.



**For details; call 301-677-2349 or visit [www.meade.armymwr.com](http://www.meade.armymwr.com)**

