

MWR - SPORTS' FITNESS RESOLUTION DAY



20 Jan - 1000 to 1300
Murphy Field House - Free

"Fitness Resolution Day" event is held at Murphy; free of charge to the entire Fort Meade community. This is an opportunity for the community to sample the fitness classes offered at Gaffney Fitness Center.

Classes include: Zumba, PoundFit, Yoga, Belly Dancing Tactical Training, Butts & Guts, Spin, and more.

Suitable for all levels of experience.

Free fresh fruit and snacks are provided for breaks.



For details; call 301-677-2349 or visit www.meade.armymwr.com

