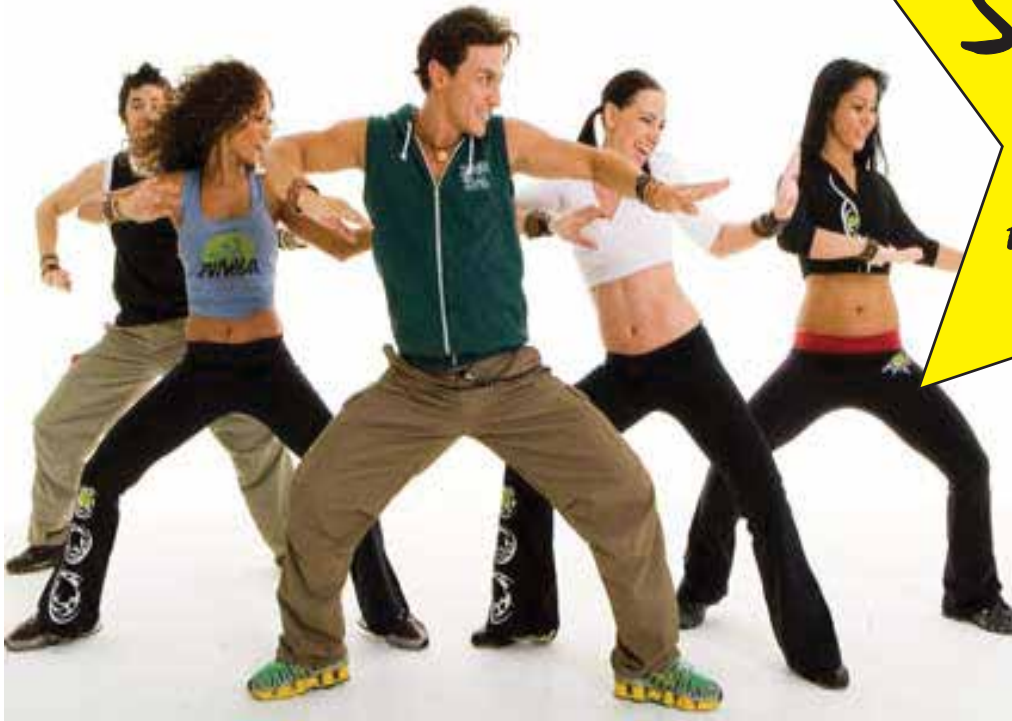


A three hour fitnessfest!

NEW YEAR'S REVOLUTION



Don't miss this opportunity to revitalize your 2019 New Year's resolution to exercise your way to a healthier you!



*Saturday,
5 January
1000 to 1300
Murphy
Field House*

Open to all eligible patrons
All levels are welcome!
Cost: \$5 per person

Gaffney Fitness Instructor Classes will be featured in twenty or thirty minute increments!

Free fresh fruit, water, and healthy snacks available for breaks; taken as needed!



Call 301-677-2349 or 2402

www.meade.armymwr.com

