

Spring Into Fitness

AEROBATHON

4 MAY - 1000 to 1300
Murphy Field House

A fitness workout sampler! Open to all of Fort Meade!



Spring Into Fitness Aerobathon is a wonderful opportunity to sample new exercise programs with a wide variety of instructors on-hand to guide new comers to these workouts. Event will be held at Murphy Field House that is located at 8451 Zimborski Avenue.

Come and try one, some, or all of the classes offered at MWR's Gaffney and Murphy Fitness Centers on a regular basis.

This is a three hour Fitness Fest to exercise to a healthier you. Fitness classes will be featured in 20 to 30 minute increments.

Fitness segments will be abbreviated and flow from one right into the next. Work out for the full three hours or take breaks as needed!

- Cost for the entire event is only \$5. per person
- Classes are suitable for ALL levels.
- Free fresh fruit and snacks provided!
- Please hydrate in advance; bring your own water bottle!

Call 301-677-2349 for details.



www.meade.armymwr.com

