



WARRIORFIT

1st and 3rd Tuesday @ 0900
Health Promotion Classroom
(2nd floor of Fitness Center)

Are you struggling with your AFPFT performance?
Want to learn proper training techniques to push your performance further?
Are you interested in training SMARTER...not HARDER?
Registration Required
Call 556-4292 or 524-2273 for more information or to register.




WARRIORFUEL

2nd and 4th Tuesday @ 0900
Health Promotion Classroom
(2nd floor of Fitness Center)

Are you struggling with your weight?
Do you need to improve your abdominal circumference for your AFPFT?
Are you interested in fueling SMARTER for performance?
Registration Required
Call 556-4292 or 524-2273 for more information or to register.



BOOT CAMP

Monday – Friday 1530-1630

Meet in the Lobby of the Fitness Center

(Fitness Center Front Desk)

Perform cardiovascular, muscular strength and endurance, and flexibility exercises
Learn proper training techniques to push your performance further
* Boot Camp meets the Air Force requirements for the FIP Program *

NO Registration Required! Wear comfortable exercise clothes!
Call 556-4462 opt 1 for more information.





**GROUP
LIFESTYLE
BALANCE**

Weight Loss PROGRAM

Stop being frustrated by your weight...we can help!

Mondays 1500-1600
OR
Thursdays 1130-1230

Health Promotion Classroom
(2nd floor of Fitness Center)

12-week sessions begin in Oct...sign up NOW!

- Learn safe and effective techniques for weight loss, fun exercise, healthy eating, and reducing disease risks
- Open to all DoD ID cardholders 18 yrs. or older

For more information contact:
Darryl Cousin or Samantha Nielsen at 556-4292