When: Monday, March 13th 1st session 4:00pm 2nd session 7:30pm 1-hour sessions ☺

Where: JBER Fitness Center   
9510 22nd St

Contact: LT Kristin Allmaras kallmaras@scf.cc

* Join other officers and strive to be your healthiest self
* Consider completing your APFT
* Review updated APFT requirements
* Catch up with friends

Group Exercise Event!

Let’s be the Healthiest COA Branch!

Group exercise events will be held every 3 months and as needed/requested!