

Semper Fit Center & Human Performance Presents

NATIONAL NUTRITION WEEK

MARCH

THREE DAYS OF INCENTIVE-BASED CLASSES!

FREE CLASSES: WEDNESDAY, MARCH 13 FOR NUTRITION FITNESS FACEOFF



BASIC 101 0900-0930



ZUMBA TONING 0945-1015



EXPRESS BYOB 1030-1100



YOGA 1115-1145

THURSDAY, MARCH 14



NUTRITION SPIN 1100
w/ JULIE BURKS
ONLY 23 BIKES AVAILABLE!
FIRST COME-FIRST SERVED!

FRIDAY, MARCH 15



GREEN-THEMED ZUMBA
1000
IN CELEBRATION OF ST.
PATRICK'S DAY!

Active Duty: Free • Monthly Pass Holders: Free
Open to active duty, retirees, family members, DOD employees, and civilian guests.

For more information call the Semper Fit Center



(858) 307-4654

