MCCS
SEMPER FIT

ACTIVE DUTY ONLY



SEMPER FIT CENTER PRESENTS

READINESS TRAINING

SUPPORTING MARINE WELLNESS | ACCOUNTABILITY | READINESS | RESILIENCE

ICG®

NEW CLASSES

F S 8



WEDNESDAY
SPIN STUDIO
0530
ACTIVE DUTY ONLY



WEDNESDAY
FS8 STUDIO
1130
ACTIVE DUTY ONLY

UNIT PT'S AVAILABLE UPON REQUEST.
FOR MORE INFORMATION 858-307-4654
NO FEDERAL ENDORSEMENT IMPLIED.

GROUP EXERCISE PROGRAM
MCAS MIRAMAR

SEMPER FIT CENTER
2002 Bauer Road building 2002,
Across from Mills Park