SEMPER FIT PRESENTS

TEEN FITNESS PROGRAM

★ FREE ORIENTATION ★

This Semper Fit Center orientation provides teens with the opportunity to learn and appreciate the benefits of regular exercise.

At the conclusion of this program, a "TEEN CARD" will be issued. This card can be used at all of the Semper Fit gyms here at MCAS Miramar.



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For more information, please contact the Semper Fit Center at,
(858) 307-4654 / 4674