

CIRCUIT **FITNESS**



LOCATION:

Building 8125 at Webster Field
1st Building after the gate (Before Coast Guard)



This is a fitness class that uses a variety of strength and cardio circuit intervals to ignite a great calorie burn.

Days: Tuesdays and Thursdays

Time: 4:30 p.m.

First Class begins on **September 11.**

Register at the Fitness & Sports Office.

For more information, call (301) 757-3943.

FREE: Active Duty, Retired, Reservist Military

Cost: DOD, DEP, Contractors -
\$4.50 per class; \$26/8 classes; \$55/20 classes;
\$120/6 months unlimited classes

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