

THIS WEEK IN SEMPER FIT

Date: Week of 6-10 August 2018

Thomason Gym

- INTRAMURAL FLAG FOOTBALL COACHES MEETING ON SEPTEMBER 5 AT 12 P.M. IN THE THOMASON GYM
- INTRAMURAL VOLLEYBALL
GAME TIMES FOR AUG. 6: 5:30, 6:30 & 7:30.
GAME TIMES FOR AUG. 8: 5:30 & 6:30
- YOUTH SOCCER REGISTRATION
REGISTRATION AT THE THOMASON GYM BEGINS JULY 27 AND ENDS AUG 31.
- 3 ON 3 SUNRISE BASKETBALL CHALLENGE
CURRENT REGISTRATION AT THE THOMASON GYM ENDS AUG. 22
- BASKETBALL
WE HAVE FULL COURT BASKETBALL MONDAY THROUGH FRIDAY 11:30 AM- 1 PM. ACTIVE DUTY HAS PRIORITY ON THE COURT.

CALL (229) 639-5246

Outdoor Adventures

- FREE RENTAL OF A TABLE AND 5 CHAIR WITH THE RENTAL OF A CANOPY TENT.

CALL (229) 639-5241

HITT

- COME JOIN US ON TUESDAYS AND THURSDAYS FOR CFT PREP.
- HITT CLASSES ARE NOW FOR ACTIVE DUTY AND RESERVE MILITARY MEMBERS ONLY.

CALL (229) 639-6234

Daniels Fitness Center

- THINKING ABOUT QUITTING TOBACCO?
STOP BY THE FITNESS CENTER FOR INFORMATION ON THE TOBACCO FREE MARINE.

(229) 639-6234

Auto Skills Center

- FREE BRAKE INSPECTION WITH A TIRE ROTATION.

CALL (229) 639-5226

Base Pool

- REC SWIM IS AS FOLLOWS:
SATURDAY - SUNDAY 11 A.M.-7 P.M.
- AMP-IT
AMP-IT CLASS WILL RUN EVERY TUESDAY & THURSDAY FROM 6:30-7:30 A.M.

CALL (229) 639-6234

