

THIS WEEK IN SEMPER FIT

DATE: WEEK OF 4-8 DECEMBER 2017

Thomason Gym

BASKETBALL

- INTRAMURAL BASKETBALL COACHES MEETING WILL BE JANUARY 10, 2018 AT 12PM IN THE THOMASON GYM CONFERENCE ROOM.
- WE HAVE FULL COURT BASKETBALL MONDAY THROUGH FRIDAY 1130-1300. ACTIVE DUTY HAVE PRIORITY ON THE COURT.

(229) 639-5246

Daniels Fitness Center

- COME IN AND CHECK OUT THE NEW PRODUCTS IN THE PRO SHOP. WE CAN HELP YOU WITH SUPPLEMENT INFORMATION.
- THE MCLB ALBANY 1/2 MARATHON AND 5K WILL BE FEBRUARY 3, 2018. FOR MORE INFORMATION GO TO THE LINK BELOW OR CALL THE FITNESS CENTER.

[HTTPS://WWW.EVENTBRITE.COM/E/MCLB-MARINE-CORPS-LOGISTICS-BASE-ALBANY-HALF-MARATHON-AND-5K-TICKETS-38636344346](https://www.eventbrite.com/e/mclb-marine-corps-logistics-base-albany-half-marathon-and-5k-tickets-38636344346)

(229) 639-6234

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- 12 DAYS OF CHRISTMAS WORKOUT WILL BE DECEMBER 15, 2018. IT WILL START PROMPTLY AT 11:30 AM AND END AT 12:45 PM.
- JOIN US FOR THIS FESTIVE, FUN AND INTENSE CHRISTMAS WORKOUT.
- FOR MORE INFORMATION CALL THE FITNESS CENTER.

(229) 639-6234

Outdoor Adventures

- FREE RENTAL OF A GRILL WITH THE RENTAL OF A BOUNCER.

(229) 639-5241

Auto Skills

- FREE VEHICLE INSPECTION WITH THE PURCHASE OF AN OIL CHANGE.

(229) 639-5226

Pool

- POOL WILL BE CLOSED UNTIL SPRING OF 2018

(229) 639-6234