

THIS WEEK IN SEMPER FIT

Date: Week of 9 - 13 July 2018

Thomason Gym

- INTRAMURAL SOFTBALL
GAME TIMES FOR JULY 10:
5:30 , 6:30 & 7:30 P.M.
GAME TIMES FOR JULY 12:
5:30, 6:30 & 7:30 P.M.
- INTRAMURAL VOLLEYBALL
INTRAMURAL VOLLEYBALL
COACHES MEETING ON JULY 11
AT 12 P.M. IN THE THOMASON
GYM.
- BASKETBALL
WE HAVE FULL COURT
BASKETBALL MONDAY THROUGH
FRIDAY 11:30 - 1 PM. ACTIVE DUTY
HAS PRIORITY ON THE COURT.

FOR MORE INFO CALL
(229) 639-5246

HITT

- IN HONOR OF INDEPENDENCE DAY
SEMPER FIT WILL HOST A SPECIAL,
LARGE GROUP, HITT WORKOUT TITLED
"STARS & BARS". THE WORKOUT WILL
BE ON JULY 13 FROM 6 - 8 A.M. AT
COVELLA POND HITT LOCKER .
- COME JOIN US FOR THE HITT TACTICAL
ATHLETE PRELIMINARIES ON JULY 10,
17, & 24. THE TOP MALE AND FEMALE
MARINE WILL TRAVEL TO CAMP LEJEUNE
TO COMPETE AGAINST ALL OTHER
BASES. FOR MORE INFORMATION CALL
WHITNEY HENDRIX OR WAYNE JORDAN
AT THE FITNESS CENTER .

CALL (229) 639-6234

Auto Skills Center

- FREE BRAKE INSPECTION WITH A TIRE
ROTATION.

CALL (229) 639-5226

Outdoor Adventures

- FREE RENTAL OF A 48 QT COOLER
WITH THE RENTAL OF ANY
WATERCRAFT.

CALL (229) 639-5241

Daniels Fitness Center

- DEADLIFT COMPETITION JULY 18
FROM 11:30 A.M. - 1:00 P.M.
- THIS IS A POUND FOR POUND
COMPETITION.

(229) 639-6234

Base Pool

- REC SWIM IS AS FOLLOWS:
TUESDAY - FRIDAY 1-7 P.M.
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

