

THIS WEEK IN SEMPER FIT

Date: Week of 11-15 June 2018

Thomason Gym

- INTRAMURAL SOFTBALL
GAME TIMES FOR JUNE 14 ARE
5:30, 6:30, 7:30 P.M.
- INTRAMURAL VOLLEYBALL
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COACHES MEETING ON JULY 11 AT
12 P.M. AT THOMASON GYM.
- BASKETBALL
WE HAVE FULL COURT
BASKETBALL MONDAY THROUGH
FRIDAY 11:30 A.M. - 1 P.M.
ACTIVE DUTY HAS PRIORITY ON
THE COURT.

CALL (229) 639-5246

Outdoor Adventures

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

CALL (229) 639-5241

Auto Skills Center

- FREE SUSPENSION INSPECTION
WITH BRAKE JOB OR FRONT END
ALIGNMENT.

CALL (229) 639-5226

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JOIN US JULY 13 FOR "STARS AND BARS"
WORKOUT. THIS A LARGE GROUP WORKOUT
IN HONOR OF INDEPENDENCE DAY. FOR
MORE INFORMATION, CALL WHITNEY OR
WAYNE AT THE FITNESS CENTER.

CALL (229) 639-6234

Daniels Fitness Center

- DEADLIFT COMPETITION JUNE 18.
IT BEGINS AT 11.
- SQUAT COMPETITION JULY 20.
IT BEGINS AT 11.

BOTH ARE POUND FOR POUND
COMPETITIONS AND PARTICIPANTS GET
3 LIFTS FOR SCORE.

(229) 639-6234

Base Pool

- POOL IS OPEN FOR LAP SWIM
MONDAY - FRIDAY FROM 11 A.M.-1:00
P.M.
- 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