

# This week in Semper Fit

Date: Week of 14-18 May 2018

## Thomason Gym

- INTRAMURAL SOCCER  
GAME TIMES FOR MAY 15 ARE 5:30, 6:30 & 7:30. GAMES WILL BE PLAYED AT CROUCH FIELD.
- INTRAMURAL SOFTBALL  
GAMES WILL BEGIN ON MAY 17 AT CROUCH FIELD.
- MCLB YOUTH T-BALL  
MCLB TIGER SHARKS GAME TIME FOR MAY 15 IS 6 P.M. AND MAY 16 IS 6:45 P.M. AT MCLB COVELLA POND T-BALL FIELD.
- WE HAVE FULL COURT BASKETBALL MONDAY THROUGH FRIDAY 11:30 - 1 PM. ACTIVE DUTY HAS PRIORITY ON THE COURT.

CALL (229) 639-5246

## Outdoor Adventures

- FREE RENTAL OF A 3000 WATT GENERATOR WITH THE RENTAL OF AN A-LINER

CALL (229) 639-5241

## Auto Skills Center

- FREE TIRE PRESSURE GAUGE WITH THE PURCHASE OF TIRES OR FRONT END ALIGNMENT.

(WHILE SUPPLIES LAST)

CALL (229) 639-5226

## HITT

GET READY FOR THE STARS & BARS WORKOUT. ON JULY 13, THE HITT STAFF WILL HOST AN INTENSE MORNING WORKOUT WITH AN INDEPENDENCE DAY THEME.

CALL (229) 639-6234

## Daniels Fitness Center

### TOP 5 RUNNERS FOR APRIL

1. WAYNE JORDAN – 404.99 MILES
2. SGT. GOSS – 194.56
3. EMILIANO MANDOZA – 158.90
4. BRIANNE MOHAMED – 143.09
5. BETHEENA BAKER – 105.85

GREAT JOB TO ALL PARTICIPANTS!

(229) 639-6234

## Base Pool

- POOL IS OPEN FOR LAP SWIM MONDAY - FRIDAY FROM 11 A.M. - 1:00 P.M.
- RECREATION SWIM BEGINS MAY 19 FROM 11 A.M. - 7 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 BEGINS JUNE 5. THE CLASS WILL RUN EVERY TUESDAY & THURSDAY FROM 6:30 - 7:30 A.M.