

THIS WEEK IN SEMPER FIT

Date: Week of 3-7 September 2018

Thomason Gym

- INTRAMURAL VOLLEYBALL
GAMES FOR SEPT. 5TH 5:30 & 6:30 P.M.
- INTRAMURAL FLAG FOOTBALL
COACHES MEETING ON SEPTEMBER 5 AT 12 P.M. IN THE THOMASON GYM
- INTRAMURAL DODGEBALL
COACHES MEETING ON SEPTEMBER 12 AT 12 P.M. IN THE THOMASON GYM
- 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

- COLLEGE KICK OFF SPECIAL. FREE RENTAL OF A TABLE, 4 CHAIRS AND A 48QT COOLER WITH THE RENTAL OF A CANOPY.

CALL (229) 639-5241

Auto Skills Center

FREE BRAKE INSPECTION WITH A TIRE ROTATION.

CALL (229) 639-5226

HITT

- ASK THE HITT STAFF ABOUT L1 CERTIFICATION. CLASSES ARE HELD SEVERAL TIMES DURING THE YEAR OR WE CAN SET A CLASS UP AT YOUR CONVENIENCE AS LONG AS THERE ARE 5 MARINES PARTICIPATING.
- HITT CLASSES ARE NOW FOR ACTIVE DUTY AND RESERVE MILITARY MEMBERS ONLY

CALL (229) 639-6234

Daniels Fitness Center

- JOIN US OCTOBER 24TH FOR THE DANIELS CUP TEAM CHALLENGE. THIS COMPETITION WILL TEST STRENGTH, ENDURANCE AND TEAMWORK. STOP BY THE FITNESS CENTER FOR MORE INFORMATION AND REGISTRATION FORMS.

(229) 639-6234

Base Pool

- LAP SWIM IS AS FOLLOWS MONDAY - FRIDAY 11 A.M. - 1 P.M.
- AMP-IT
AMP-IT CLASS WILL RUN EVERY TUESDAY & THURSDAY FROM 6:30-7:30 A.M.

CALL (229) 639-6234