

# DEPLOYED SPOUSES FITNESS PROGRAM

Beginning October 2009, look forward to staying fit while your spouse is deployed. In this special program, receive free personal training instruction from a personal trainer at any of our fitness centers twice a week, participate in weekly conditioning classes held every Friday 7:15-8:15 p.m. at the Warhawk Fitness Center and receive monthly progress reports.

For more information, call 671-3490.



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