HEART STRONG CHALLENGE

9 FEB
3 PM

BLDG. 17 B, FITNESS CENTER GYM / $5

Wear RED and join us for a fun, energizing fitness event designed to promote heart health, cardiovascular fitness, strength, and wellness.

REGISTER HERE

MWR FITNESS

MWRBethesda
navymwrbethesda.com (301) 295-0031