



**PILOXING: KNOCKING OUT
ABUSE AND ASSAULT**

BOX OUT ABUSE

The Sexual Assault Prevention and Response (SAPR) Team and Family Advocacy Program (FAP) are joining with the MWR Fitness Center to Strengthen Your Awareness. Piloxing is a high energy interval workout that blends the power and speed of boxing with the targeted sculpting and flexibility of pilates. This will be a special class that will strengthen your body and knowledge of the SAPR and FAP programs.

FREE

20 OCT 2025 / 29 OCT 2025
1-2 PM / 11 AM-NOON

**MWR Group X Room
NSA Bethesda**

**Call (301) 295-2450 for more information.
Open to eligible patrons with gym access.**



MWRBethesda

navymwrbethesda.com