

1,000 POUND CLUB

FEB 2 - AUG 31, 2026

To be a member of this club, the total of your best efforts in the squat, deadlift, and bench press on a single lift needs to total 600 lb. (Female category) or 1,000 lb. (Male category) or more.

Reps that do not meet the guidelines will not be counted

AWARDS AND BRAGGING RIGHTS!

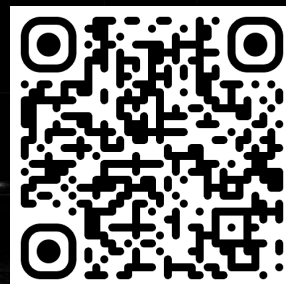
Names will be posted for the top 3 totals,
Male and Female category.

**\$5 PER
PERSON**

includes a T-shirt (while supplies last)
Open to base-eligible patrons, 18+

Monday-Friday:
10 a.m.-3 p.m.

For more information call:
(301) 295.2450



  **MWRBethesda**
navymwrbethesda.com