



SGT NATHAN  
SCHRIMSHER

SFC KEITH  
SANDERSON

CPT LEIGH  
JAYNES-PROVISOR

# STRONG B.A.N.D.S.

BALANCE ACTIVITY NUTRITION DETERMINATION STRENGTH

**STEP**

**1**

Attend featured fitness events at your garrison.

**STEP**

**2**

Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle.

**STEP**

**3**

Visit [ArmyMWR.com/StrongBANDS](http://ArmyMWR.com/StrongBANDS) for fitness tips in May.

## Fort Lee Family and MWR Fitness Events/Activities

**MAY 10 & 24 and JUNE 7 & 21** - Kayaking on the Appomattox

**MAY 17, 18 & 19** - Finesse your fitness regimen with these **FREE** Fitness Classes: Body Sculpting, Cardio Core, CrossFit, Iyengar Yoga, Spinning & Zumba

**MAY 21** - Armed Forces Day 5K & 8-Mile Road Races

**Beginning JUNE 7** - Water Skiing Class

**JUNE 11** - Run for the Fallen, 1-Mile & 5-Mile Course

\* Normal fees apply for all applicable events/activities.



FOLLOW OUR SOLDIER ATHLETES' JOURNEY TO THE **2016 OLYMPIC GAMES** IN RIO @ArmyMWR.com/Olymplans



Details: (804) 734-6198 or [leemwr.com](http://leemwr.com)

