

FITNESS & HEALTH EXP



SATURDAY, MAY 19 • 10 AM - 2 PM
AT THE STRENGTH PERFORMANCE CENTER

BLDG. 6008, 16th STREET • FORT LEE, VIRGINIA

FREE ADMISSION



TRX UPPER BODY DEMO • WELLBEATS SPIN CLASS • TENSHO GOJU CARDIO KICKBOXING DEMO
COLONIAL CROSSFIT FOUNDATIONS & THEORY DEMO • WELLBEATS FLEXIBILITY FUNDAMENTALS
TRX LOWER BODY DEMO • COLONIAL CROSSFIT SQUATS, PRESSES & LIFTS DEMO • TRX ABS DEMO
TENSHO GOJU AIKI JITSU DEMO • WELLBEATS VIBE DANCE CLASS • ROCK WALL CLIMBING

Over 25 Fitness & Health Vendors • HUGE Prize Giveaways Every Hour



Details: (804) 734-5979 or lee.armymwr.com

