

NSF
DAHLGREN

WEDNESDAY, AUG. 15 - 11 A.M.

JUMP-N-RUN

FITNESS CENTER



**Try out this unique combination
of weight lifting and running!**

Participants will bench press a percentage of their weight (based on gender and age) as many times as they can, then run 1.5 miles. Bench press can be completed early, starting Aug. 13 until 10:30 a.m. race day. Each repetition earns 15 seconds off your run time, totaling 5 minutes.

FREE: ACTIVE DUTY
\$5: ALL OTHERS

Open to all with base access.
For more information, call the
Fitness Center at 540-653-8580.



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CONNECTED**



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