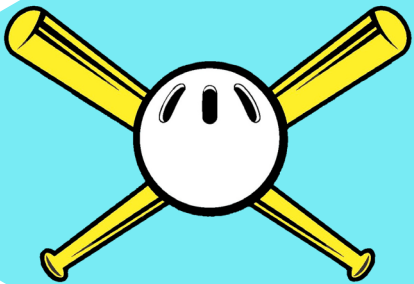


FITNESS FOCUS: **NOVEMBER** EVENTS

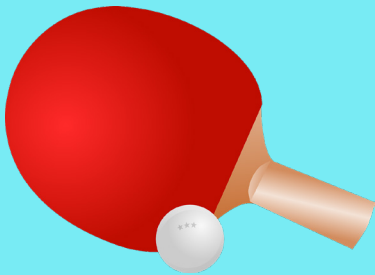


WIFFLE BALL TOURNAMENT

NOV. 18 • 4:30 P.M.

Double elimination tournament at the Fitness Center.

FREE (active-duty); **\$5** (all others)

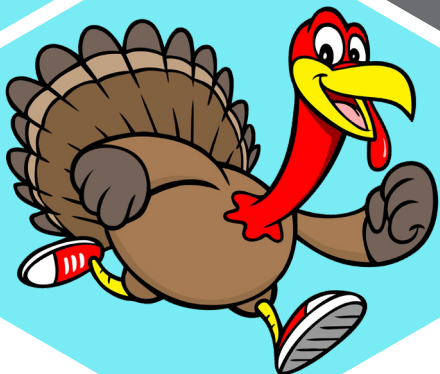


PING PONG TOURNAMENT

NOV. 21 • 4:30 P.M.

Double elimination tournament
at the Fitness Center.

FREE (active-duty); **\$5** (all others)



TURKEY TROT 5K

NOV. 22 • 11 A.M.

Fit in your pre-Thanksgiving workout at
our annual Turkey Trot 5K!

Register at the Fitness Center or online
www.NavyMWRDahlgren.com/Register

Registration closes at
10:30 a.m. on race day.

FREE (active-duty); **\$5** (all others)



VISIT NAVYMWRDAHLGREN.COM/FITNESS-SPORTS

For more information, call the

Dahlgren Fitness Center at 540-653-8580.

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