

SIT & GET FIT CYCLING CHALLENGE JUN 19TH - AUG 7TH

PRE
SENTED
BY

MCPCS
SEMPER FIT

WORKOUT INCLUDES
1 HOUR OF
INDOOR
CYCLING

30 MINUTES OF
ABDOMINAL
STRENGTH
AND CONDITIONING
FOLLOWED BY
STRETCHING

1.5 HOUR
WORKOUT
EVERY FRI MORNING
0630-0800

REGISTER TODAY
LIMITED NUMBER OF BIKES AVAILABLE
SEMPER FIT HEALTH PROMOTION; MIRAMAR SPORTS COMPLEX BLDG. 2471
FOR MORE INFO CONTACT JULIE CARLSON (858) 577-1331