



ROW X SWIM X RUN

Challenge yourself to this endurance test with a 2,000-meter row, a 250-meter swim and a 2k run on the treadmill.



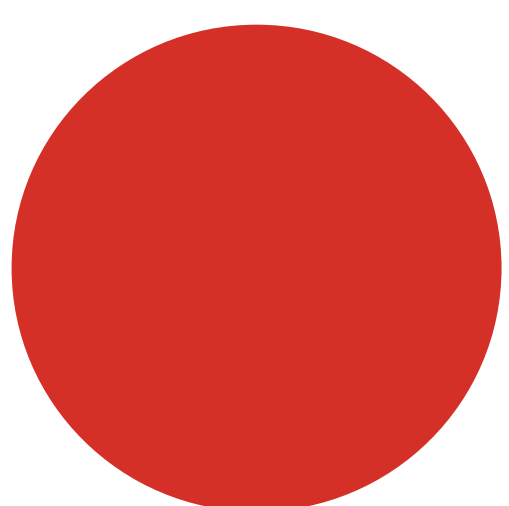
Monday-Friday, April 21-25

5:15 a.m.-5:30 p.m.

Fit Zone, Capodichino

Scan here to register and pay by April 20.

\$5



You'll receive an MWR Fitness swag bag upon completion!

Bring proof of registration to the Fit Zone staff.

Please ensure lifeguard and fitness staff witness each of the segments.



For more information, call 081-568-4256 | DSN 626-4256.

