YOGA

@ NBSD MWR Fitness

Classes offered daily at the Fitness Station bldg. 3417
Check navylifesw.com - GroupX schedule

Hit that reset button and join us for a class today.
Eligible MWR Patrons include Active Duty, Dependents and Retirees.

Stop by any gym for more information.
Olde Gym bldg. 223
Admiral Prout Field House bldg. 3279
Harborside Gym (weside) bldg. 3477

navylifesw.com

MWR
MORALE, WELFARE AND RECREATION

9760 1/22EA