

Get Fit 8 weeks at a Time



Mondays & Wednesdays

8:30 am - 9 am

Rumpel Fitness Center, Bldg 1122

- ***Two group fitness classes per week with one common purpose: TO GET FIT!***
- ***Each class is different than the last.***
- ***Information and resources will be provided to assist your progress.***

Everyone is welcome!

RUMPEL

Fitness Center

Bldg 1122

388-2290



www.mccoymwr.com