

GET FIT AND HAVE FUN AS YOU GET READY FOR
THE BEACH SEASON!

BEACH BODY BINGO | 1-25 MARCH



Participating in Strength, Cardio, or Fitness classes each day can earn you a space on your BINGO card!

The more BINGOs you win, the better your chances are at winning a prize.

Prizes include:

- Free Personal Training Package
- One Month of Fitness Classes
- Five day passes to Splash.
- I. A.M Strong Key Chain

Win the most BINGOs and receive the inaugural Beach Body BINGO trophy!

Participation in Beach Body Bingo is FREE to authorized patrons. Sign up at either of the PFF front desk.



5K / 10K
ST. PATTY'S DAY RUN

20th March

Participate in the St. Patty's Day Run and get a FREE Space in Beach Body Bingo!



FORT RUCKER PHYSICAL FITNESS FACILITIES HAS SOMETHING FOR EVERYBODY

Join us for one of our Fitness Classes.

- Zumba
- Pilates
- Spinning
- Ab Lab
- Strong Bodies
- Kickboxing
- Yoga
- Outdoor Walk
- Step & Sculpt
- And much more...



For more information about the PFF please call 255-3794

To learn more about Beach Body Bingo call 255-9810

www.ftrucker.mwr.com



ARMY FAMILY COVENANT:
Keeping the Promise

Visit ARMYOneSource.com to see what the Army Family Covenant can mean for you or someone you know.

EFMP Friendly