

GROUP EXERCISE CHALLENGE

MAY FITNESS MONTH



FREE & OPEN TO ALL
DOD ID HOLDERS!

MAY 1-31
SHELLBANK &
ACC FITNESS



Get motivated and attend one of our great group fitness classes. We offer Yoga, Spin, Zumba, Prenatal, Jiu-jitsu, and more! Get your punch card at the front desk and get a punch for each group exercise class you attend! Attend as many classes as you can—participate in 20 classes within 31 days to be entered for a chance to win a prize!

*EACH EXERCISE CLASS TIME VARIES, MON - SAT



SCAN TO REGISTER