



***Are you tough
or just fluff?***

Naval Station Norfolk

**Free
Fitness
Assessment**

**at
N-24, Q-80 and
CEP-58
Fitness Centers**

***Are you getting
the most from your
workout?***

***Track your progress
with a FREE
fitness assessment.***

EXERCISE YOUR OPTIONS



Schedule one today!

***Call 445-1519 for
more information.***