

NWS Yorktown / Cheatham Annex Fitness & Sports



Group Fitness Club



EXERCISE YOUR OPTIONS



The first 10 participants to complete 25 classes by January 3, 2011 will receive a group fitness T-shirt!

The first 10 participants to complete 40 classes between November 1, 2010 and April 3, 2011 will receive a windbreaker!

The first 20 participants to complete 100 classes between November 1, 2010 and November 1, 2011 will have their name engraved on a permanent plaque located in the gym!

Call 847-7830 for more information.



STAY CONNECTED!
www.cnic.navy.mil/cheatham/mwr
Visit MWR online for the latest on events and activities at Cheatham Annex.

Receive event info on your cell phone!
In the "TO" window, type 30364
In the "MESSAGE" window, type your area of interest:
NWSYMWR or NWSYFITNESS

Become a fan of
"Commander,
Navy Region Mid-Atlantic"
on Facebook!

