



JOIN US FOR A RIDE OF SOLIDARITY  
AS WE BRING AWARENESS TO  
**END SEXUAL ASSAULT**



# STRENGTHEN YOUR AWARENESS

## **SPINNING AGAINST SEXUAL ASSAULT**

*The Sexual Assault Prevention and Response (SAPR) Team and the MWR Fitness Center are joining to continue to Strengthen Your Awareness. We will take over the Sprint Les Mills style spin class to strengthen your body and your knowledge of the SAPR program.*

**29 JANUARY**  
**NOON-1 PM • FREE**

MWR Fitness Center NSA Bethesda  
Spin Studio

Call (301) 295-2450 for more information.  
Open to all with base access.



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[www.navymwrbethesda.com](http://www.navymwrbethesda.com)