



# 12 Days of FITNESS

**2-17 December**

**FREE • Fitness Center**

For 12 days, participants will receive by email a different exercise to complete. On day 12, participants will meet at the Gymnasium at 1 P.M. to complete all the exercises together. Each participant who completes the challenge will receive a goodie bag.

Open to all with base access.

**Scan the QR Code or go Online to register by December 1<sup>st</sup>!**



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