

SPINNING AGAINST SEXUAL ASSAULT

WHO CAN SPIN THE MOST MILES?
ARMY OR NAVY?

APRIL 2025

Thursdays, April 10 and 24 @ 3 PM Tuesday, April 15 @ 11:45 AM MWR Bethesda Fitness Center

FREE

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







