

WARRIOR ATHLETE
READINESS & RESILIENCE

GHOSTLY GAINZ



29 OCT
1130-1230

MCAS & MCRD
OUTDOOR HIT
FACILITY

FREE EVENT! OPEN TO ALL AUTHORIZED PATRONS.
T-SHIRT WHILE SUPPLIES LAST. NO REGISTRATION NEEDED.

GHOSTLY GAINS IS A HALLOWEEN-THEMED FITNESS CHALLENGE DESIGNED TO PUT YOUR STRENGTH AND CONDITIONING TO THE TEST. WHETHER YOU'RE LOOKING TO GET A GREAT WORKOUT OR SIMPLY HAVE SOME FUN, GHOSTLY GAINZ HAS SOMETHING FOR EVERYONE.

JOIN SEMPER FIT FOR A FRIGHTFULLY FUN FITNESS EXPERIENCE.



Disclaimer: No Federal or DoW endorsement implied



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