

# FAMILY FITNESS CENTER

Youth Activities Gym  
Bldg. 2069 on Mustin Rd.



**MONDAY - FRIDAY | 9 AM - 1 PM**

*Certified Fitness Trainer onsite*



**MONDAY - BOOTCAMP**  
**10 - 10:30 a.m.**

Maximum calorie burn in the shortest amount of time. Get fit! Get healthy! Challenge your mind and body and make fitness fun!



**TUESDAY - T.N.T**  
**10 - 10:30 a.m.**

Focus on toning and defining abs, while strengthening the back to improve posture and core strength with floor exercises and a fit ball.



**WEDS, THURS, FRIDAY - H.I.T**  
**10 - 10:30 a.m.**

High Intensity Training is composed of a warm up, strength or skill focus and a workout of the day for any level fitness ability.

*Bring your child to workout with you. Children 10 years and older are welcome.*



**NAVY MWR JACKSONVILLE.COM**

For more information, call the Family Fitness Center at (904) 771-8468.