

# JBSA-LACKLAND FITNESS CENTERS

# NOVEMBER

# FITNESS EVENTS

## CHALLENGE YOURSELF

### CHAPARRAL

#### Turkey Burn-Off Challenge

Nov. 30 ▪ 11 a.m. to 1 p.m.

For more information, call (210) 671-2401.

### KELLY

#### 5,000M Rower Challenge

Nov. 9 ▪ 7 a.m. to 2 p.m.

For more information, call (210) 925-4848.

### WARHAWK

#### Pull-Up Challenge

Nov. 4 ▪ 12:30 p.m.

For more information, call (210) 671-2016.

#### Jump Rope Challenge

Nov. 16 ▪ 11:30 a.m. to 12:30 p.m.

For more information, call (210) 671-2016.

## COMPETE FOR THE WIN

### KELLY

#### Kelly Virtual Fitness Marathon

Nov. 18 ▪ 7 a.m. to 2 p.m.

A variety of fitness workouts are conducted throughout the day using the premier on demand fitness provider Wellbeats. Classes include kick-boxing, circuit training, step aerobics, cycling and dance aerobics.

For more information, call (210) 925-4848.

### GILLUM

#### Two-Person/Three Point Competition

Nov. 19 ▪ 11 a.m. to 1 p.m.

Team members will take turns shooting 5 three-point shots each.

The most successful shots in the fastest time wins.

Open to all DoD ID cardholders.

For more information, call (210) 977-2353.

To ensure the safety of the team and customers, current HPCON guidance will be followed.



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