

FMWR Outdoor Fitness:
CAB



Measures in place:

1. Max class size is 20
2. Age 16+ only permitted to participate
3. Sharing equipment is prohibited
4. Participants must bring towel and water bottle
5. Social distancing and hygiene procedure enforced
6. Face covering not required
7. No public restrooms available
8. In event of inclement weather, class canceled

Contact

Commercial:
068 255292/5297

DSN:
597 5292/5297

Schedule

Mon: Boot Camp
Tues: Functional
Fitness and Mobility
Wed: Wednesday
Outdoor Workout
1715-1800
**Class registration is
mandatory**