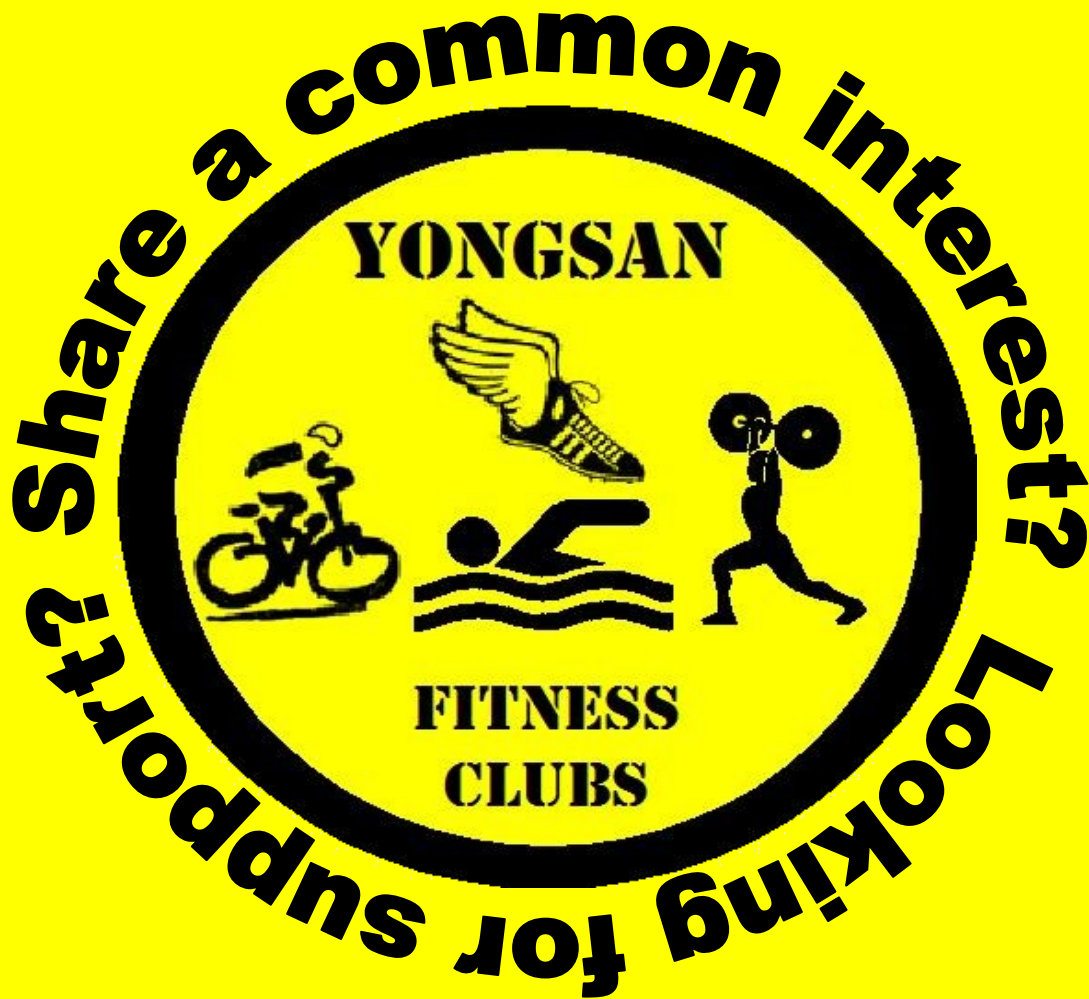


USAG-Y Fitness Clubs

WHY JOIN A FITNESS CLUB:

Fitness Clubs are for people who may share the same interest or are curious about getting involved in a particular activity but don't want to do it alone. Developing a club will allow all participants to be in communication with one another to coordinate meeting times specific to their individual schedule.



Steps to getting involved in a Fitness Club:

1. Email the USAG-Y Fitness Coordinator @ edward.j.motley@korea.army.mil
2. In SUBJECT line place the activity of interest
3. USAG-Y Fitness Coordinator will compile a spreadsheet list of contact information for designated activities and distribute.



Brought to you by:
Office of Fitness Promotion
(DSN) 736-3340

