

Love & SWEAT



Thursday

Feb. 14

11 a.m. • FREE

NSAW Fitness Center Group Exercise Room

Grab a friend, significant other or co-worker this **Valentine's Day** and join us for a **45-minute**, full-body, partner-themed workout.

All participants will receive a prize.



Visit NAVYMWRWASHINGTON.COM

For information, or to register, call or visit the
NSAW Fitness Center Front Desk at 202-433-2282.

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CONNECTED



NSA WASHINGTON