



FORCE

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Family Challenge! **FitFactor**

USA *Get Up - Get Out - Get Fit*

Team up with your parent or guardian for a chance to win awesome prizes. Log your daily activities into the FitFactor web site for points.

Now - August 28

Wednesdays, 5:30 - 6:15 pm

Saturdays, 10 - 10:45 am

Fitness Center Gym

Earn points for every session

Active duty members may count this as squadron PT

Each challenge will consist of group/circuit training to include light strength, cardio & flexibility training. Equipment will be provided by the Fitness Center.

Ages 10 & up; 10-15 must be accompanied by a parent

pepsi refresh project

722-0408



Federal Endorsement of Sponsors Not Intended



www.sjfs.com