

JBSA-RANDOLPH

FITNESS MONTH SWEAT-FEST

1.5 MILE RUN - PUSH-UP/PLANK CONTEST

LIVE FITNESS CLASSES - RESOURCE FAIR

PRIZES!



Heritage Park - West Perimeter

31 May 2025 ■ 0730 - 1030

RUN STARTS AT 0800

Classes will
have some
mats
available.

BYO mats
highly
encouraged!

QUESTIONS? CONTACT
HEALTH PROMOTION @
210-652-0617

