



ACTIVE DUTY COMMAND OUTREACH PROGRAM

The Active Duty Command Outreach Program includes almost anything that the Commands need in the way of fitness assistance. We are available to visit your command and speak about basic nutrition, fitness, improving run times, etc. Also, if you need new ideas for your PT program, let us know! We are here to support you! We will be available to coordinate your group exercise classes, whether they are in the Energy Zone, Drill Hall, at your command, or on the beach! The Command Outreach Program is available now - what can we do for you?

CONTACT

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