

FIT 4 FUJI!

DARE TO PREPARE!

WITH THE FLEET FITNESS COMPLEX & HARIO FITNESS CENTER

**FRIDAY, JUNE 1 -
TUESDAY, JULY 31**

**Open to SOFA Sponsored Personnel
Ages 18 years & older**

**Registration Dates:
Now thru Monday, July 9**

Stop by the Fleet Fitness Complex to register and receive a comprehensive strength and cardiovascular training plan. Keep track of the distance computed in workouts to earn fitness prizes for every "trail" you complete:

Fujinoyama Trail: 10K

Yoshida Trail: 15K

Gotemba Trail: 20K



Also check out...

FIT 4 FUJI HIKES

WITH THE OUTDOOR ADVENTURE CENTER

Open to SOFA Sponsored Personnel
Ages 14 years & older

(All minors must be accompanied by a parent or guardian).

All trips include transportation and guide.

For more information and scheduled dates,
times and prices, call 252-3500.

For more information,
call 252-6899.

