



# MAY Activities



## Cross Drills

Wednesday,  
May 11 & 18  
6 a.m. & 5 p.m.



## Army Ten-Miller Tryout

Saturday,  
May 14, 6 p.m.  
deadline May 13

**Open to the Public**



## Sunset Yoga

Wednesday,  
May 17  
5 p.m.



## 5k Walk/Run

Saturday, May 21  
at 7:30 a.m.  
Early bird - \$15  
until Apr 30, After: \$20

Includes a t-shirt for the  
first 100 registrations.



## Water Relay Games

Thursday, May 28  
At the Water Spout  
787-707-3550

During May, receive a Strong Band wristband when you take out any material about wellness at the Post Library.

FOR MORE INFORMATION AND TO REGISTER, CALL THE SPORTS & FITNESS CENTER AT 787-707-3767.

## COMMIT-STAY FIT!

### #STRONGBANDS

**STEP 1** Attend featured fitness events at your garrison

**STEP 2** Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

**STEP 3** Gain valuable fitness tips throughout May by visiting [ArmyMWR.com/STRONGBANDS](https://ArmyMWR.com/STRONGBANDS)

