



Start Training Today!

F.I.T.

NEW! Exercise
Orientation
Sessions

at the 24/7

PFC Roberto E. Clemente Walker Annex!

F.I.T Familiarize: You will get to know the array of functional fitness equipment available.

INSTRUCT: A certified fitness instructor/trainer will provide you with guidance on different exercises that can be performed using our functional fitness equipment.

TRAIN: You will gain valuable knowledge on correct exercise techniques, which may assist you in reaching your goals while avoiding injury.

We are committed to the physical fitness development and readiness of our soldiers and the Fort Buchanan Community!


Functional Fitness Equipment:

- | | |
|--------------------------------------------------|-------------------------------------------------|
| <input checked="" type="checkbox"/> Kettlebells | <input checked="" type="checkbox"/> Power Racks |
| <input checked="" type="checkbox"/> Battle Ropes | <input checked="" type="checkbox"/> Rowers |
| <input checked="" type="checkbox"/> TRX | <input checked="" type="checkbox"/> Skiers |
| <input checked="" type="checkbox"/> Slam Balls | <input checked="" type="checkbox"/> and more! |

FREE
Ages 16
and over

Join Us

Tuesdays, August 12, 19, & 26
5 pm - 6 pm

 (787)707-3281/3767

