











Looking for a challenge? Push yourself to new limits. Only champions RISE to the occasion.

SIGN UP TODAY!

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USAF WELLNESS SUPPORT



CHPS

Open to Federal Civilians

Get Up and Get Moving Class Dates

DATE	TIME	LOCATION
MAY 03	1200-1300	Bldg. 350, DFAC (Front Patio)
MAY 10	1200-1300	Bldg. 545, PSFB Fitness Center, Aerobics Rm
MAY 17	1200-1300	Bldg. 722, PSFB Library
MAY 24	1100-1200	Bldg. 49915, CCSFS Fitness Center
MAY 31	1100-1200	Bldg. 49915, CCSFS Fitness Center
JUN 07	1100-1200	Bldg. 1748, Cape SFS Food Court

Contact Patrick CHPS 321-494-3197 christy.vergara.ctr@spaceforce.mil CHPSsupport@us.af.mil



USAF WELLNESS SUPPORT



Get Up and Get Moving Virtual Class Dates

DATE	TIME
MAY 05	1000-1100
MAY 10	1400-1500
MAY 17	1400-1500
MAY 24	1400-1500
MAY 31	1400-1500
JUN 7	1400-1500
JUN 9	1000-1100

CHPS Virtual Classes



Contact Patrick CHPS 321-494-3197

christy.vergara.ctr@spaceforce.mil

