



Fitness Fair

DSCC Fitness Center

Thursday, May 22

11:30 a.m.-2 p.m.



Fitness Center Open House: Take a tour of the Fitness Center to see all we have to offer in helping you achieve your fitness goals. Cardio, weights, group classes and team sports await you on this tour.



Walk to the Fitness Center: This is a minimal impact event. Walk from your office to the Fitness Center (about one mile) to receive a free pedometer. Information and sign-ups for the "Steps" program will also be available. The shuttle bus will offer you a ride back to the office if you prefer not to walk back.



Tennis: This tournament will be a doubles tournament that changes partners every set. Individuals will be scored on total games throughout the tournament. Advance sign-up is required.



Basketball: This will be a 3-on-3 tournament matching teams from DSCC, DFAS and other base tenants. There will be trophies for the first and second place tenants. Advance sign-up is required.



Racquetball: A one-on-one tournament matching individuals from DSCC, DFAS and other base tenants. Advance sign-up is required.



5K Run: Each runner will be given a 5K T-shirt commemorating their achievement. Run starts at 12 p.m., and advance sign-up is encouraged.



Dodgeball: This will be a team event, pitting six-person coed teams versus each other in a tournament style event. We will start the event with any office grudge matches and finish with the actual tournament. The winning team will receive a trophy. Advance sign-up is required.



With the support of the Civilian Welfare Council, chilled bottled water and fruit will be available at the Fitness Center for all runners, walkers, tournament participants, and Open House visitors.

Get a preview of what we have to offer at the fitness class demonstrations in the cafeterias from 11:30 a.m.-12:30 p.m. each day. Monday in building 20, Tuesday in building 21 and Wednesday in building 11.

