

Now look and feel your best!

SEMPER FIT PERSONAL TRAINING PROGRAM

Receive 3 one-on-one personal training sessions when you schedule a Microfit Assessment.



**Barber/Semper Fit
Physical Activities Center
2073 Barnett Avenue
MCB, Quantico, VA**

**Call 703-432-0593 for more information
or to make an appointment**

***Let us introduce you to our
Personal Training Program***

Visit our website: www.quantico.usmc-mccs.org

