



ALL AGES
WELCOME



FAMILY PT COMPETITION

3-PART PT TEST

FRIDAY, JUNE 18
3:30PM

NORTH TRACK SHORT FITNESS CENTER

WHAT:

Military members and their families are invited to compete in 3 different exercises commonly seen on a regular PT test.

RULES:

- Families will:
- Complete a 1 mile run
- Complete a 60 second pushup session
- Complete a 60 second situp session

WINNER:

Families with the most points after completing all 3 exercises win a prize!



All participants must arrive wearing mask and maintain 6ft social distance from other families at all times.

**SHORT
FITNESSCENTER**
MACDILL AFB FL

For More Info Call:
828-4496

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