

GERTSCH PHYSICAL FITNESS CENTER  
3610 INDIANA AVENUE

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# FREE PLANK CHALLENGE

**FRIDAY, DECEMBER 6, 2019 • 11:30a-1p**

Open to all DoD ID Card holders ages 16 and up

- Compete to hold plank the longest
- Max time limit of 5 minutes
- Free t-shirt for participants

**Information: 270.798.2753**

\*Government Endorsement Not Implied

