

Attention: Active Duty Pregnant or Postpartum* Service Members

Did you know there is a fitness and health education program made just for you?!

When: Mondays/Tuesdays from 1330-1430

Where: NMCP Fitness Center

Building 3, Floor 1, Room 1.4-145



Have questions or interested in signing up, send us an email:



*Up to 12 months

**BUILDING STRENGTH.
BUILDING BONDS.**