



75TH FORCE SUPPORT SQ

HEADS UP

13 May 2009

WARRIOR FITNESS CENTER 777-2762

13 May, 0830, Torch Run, Run, bike, or walk to support the Special Olympics in Utah. \$12 registration fee, includes t-shirt, sign up at sout.org or contact Sonia Bustamanto at 801-940-6669 for more information.

13 May, 0800-1700, Warrior Fitness Center, Blood Pressure Screening, come get your blood pressure tested and learn ways to improve or maintain your blood pressure for lifelong good health.

14 May, 0630 and 1530, Warrior Fitness Center, Circuit Training, Attend one of our outdoor circuit training classes for an intense strength and cardio workout. Class will be held outside as long as weather permits; otherwise, it will be held on the basketball court.

15 May, 0900-1000, Warrior Fitness Center, Specialty Aerobics-Zumba Dance, A fusion of Latin and International Dance that creates a dynamic, exciting, and effective fitness workout that is just like a party...Latin style!

16 May, 0900-1000, Warrior Fitness Center, Specialty Aerobics-Jazzercise, Combines fun and fitness to produce a quality exercise program using dance moves that are choreographed to the music! Don't be shy...give it a try!

16 May, 1400-1700, Warrior Fitness Center, Wii Fitness Challenge, Come play Wii Sports on the big screen at the fitness center. Experience interactive game play, compete against your friends, and have fun! Prizes will be given.



CLUB HILL 777-3841

13 May **Family Day BINGO**

Dinner Buffet starts at 1700

Bingo games start at 1800

SPECIAL Family "Member's Only"

Event! FREE Family Bingo – All ages welcome. Come out for a fun-filled family night compliments of Club Hill.

Great prizes such as a Nintendo Wii, iPod, Passes for Cherry Hill, Lagoon and MORE! (NO cash will be awarded for bingo games) Complimentary Dinner Buffet!

INFORMATION TICKETS & TRAVEL 777-3525

COLORING CONTEST Children of active duty parents can stop by ITT and pick up a Mickey's Coloring Sheet for a chance to win a free Lagoon Day Pass. Age categories are 1-3, 4-7, 8-12, and 13 & older

WALT DISNEY WORLD SALUTE TO THE MILITARY Free 5-day Hopper Ticket with water park option for active duty or retired military. You can sponsor up to 5 family members or friends, \$99 each Base Ticket, \$124 each Hopper Ticket, \$149 each Hopper Ticket & Water park Option, now through 23 December

DISNEYLAND SALUTE TO THE MILITARY Free 3-day Hopper Ticket for active duty or retired military. You can sponsor up to 5 family members or friends, \$86.50 each 3-day Hopper Ticket, now through 12 June

OUTDOOR RECREATION 777-2225



20 May **Outdoor Recreation Expo** -- Outdoor Recreation is hosting an Expo in centennial Park from 10 am to 2 pm.

Come and see all the fantastic things that Outdoor Recreation has to offer... check out a wide variety of equipment displays... ATVs, boats, RVs. Talk to the experiences and energetic Outdoor Adventure staff, Rod & Gun Club and Archery representatives... take walk through

our rental RVs... enjoy a fly fishing demo, free food (while supplies last), prize drawings, and more...

GERRITY MEMORIAL LIBRARY 777-3833

Library never closes! Browse, check out, and download digital media to your PC. Available any time of day from anywhere in the world! Check out this Air Force-sponsored website at <http://af.lib.overdrive.com> -- call the Base Library at 777-3833 or 777-2533 to get your personal overdrive account number today!



Learn more about the great things 75th Force Support has to offer—

www.75thforcesupport.com



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*Tops in blue
to dream*

3 June- Abravanel Hall
6:30 p.m. to 9 p.m.

6 June- Hill AFB (west
side of Hangar 1) 6
p.m. to 8:30 p.m.

Both events are
Free/Open to the public

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**Your Summer
Adventure
Starts with
Outdoor
Recreation**

(801) 777-2225