

MAXED OUT MONDAYS

A weekly fitness competition that allows participants to “test their strength”

Maxed Out Mondays
Smith Gym, Henderson Hall
Noon – 4 PM

Register before noon
each scheduled day.
www.mccsHH.com
703-614-5959



WHO NEEDS A SPOT!



Henderson Hall



Schedule

March 5	Max Weight Bench Press
March 12	Max Weight Bench Press
March 19	Max Weight Bench Press
March 26	Max Weight Bench Press

OPEN TO DOD ID CARD HOLDERS