NAVSTA GREAT LAKES MWR | SPORTS & FITNESS



## CONSTITUTION FIELD



THE MWR FIT PIT IS AN OUTDOOR FITNESS SPACE LOCATED IN
THE MIDDLE OF THE ATHLETIC FIELD COMPLEX (CONSTITUTION FIELD).
IT IS EQUIPPED WITH A 10FT. CONEX BOX THAT INCLUDES A WIDE RANGE OF FITNESS EQUIPMENT.

- **PULL-UP BARS**
- **OLYMPIC BARS/BUMPER PLATES**
- KETTLEBELLS
- **TRACTOR TIRES**

- JUMP ROPES
- TRX STRAPS
- DUMBBELLS
- SANDBAGS

## **HOURS:**

TUESDAY-THURSDAY: 3:30PM-6:30PM

Begins May 2023



847-688-3994

NavyLifeGL.com

