



THE 5 D'S OF DODGEBALL

**DODGEBALL
TOURNEY
30 AUGUST
3PM
FITNESS CENTER**



"DODGE, DUCK, DIP, DIVE, & DODGE"

FOR ONE NIGHT ONLY!!!

Live Music

@

The Youth Center

**Good Morning
Monday**

**Kisses for
the Mrs.**

**Only
Ocean**



**7-10pm
\$4 @ the door
Ages 12 & Up**

This Week at Vandenberg

Sunday, 29 August

Golf Course Open Play
Aquatics Center (pool) Open Swim 12pm to 5pm

Monday, 30 August

Group Fitness Indoor Cycling, Annex, 6am
A&FRC TAP Seminar, 8am
PCC Home Style Lunch Special, 11am

Tuesday, 31 August

Group Fitness Total Body Conditioning, AFRC, 9am
A&FRC Cardio Kickboxing, AFRC, 12pm
Sponsorship Training Class, 3pm

Wednesday, 1 September

Group Fitness Indoor Cycling, Annex, 6am
Fitness Center AF Marathon sign ups continues through
7 September
Youth Center Jr. Staff Sign ups, ages 12-18, 5pm
PCC NCOA Rock Night, 5pm

Thursday, 2 September

Golf Course Active Duty Special Rates
Fitness Center Cardio Circuit, AFRC, 9am
Library Pre-School Storytime, 10am

Friday, 3 September

PCC Starbucks "Double Punch Day", 6:30am
Fitness Center 5K Relay Team Challenge, 12pm
A&FRC Readiness Brief, Pre-Deployment, 1:30pm
Pre-Separation Brief, 2:30pm
Youth Center Live at the YC, live bands, ages 12 and up
\$4 at the door, 7pm

Saturday, 4 September

Golf Course Tournament, 9:04am
Group Fitness Total Body Conditioning, AFRC, 9am
Salsa Sizzle, AFRC, 10am