

11 Aug, 1800-2000, Adam's Canyon trail head Layton, Adam's Canyon Hike, Join us for a hike up Adam's Canyon to a beautiful 40 foot waterfall and back. Trail is 3.5 miles round trip and moderate difficulty.

16-20 Aug, Warrior Fitness Center, Push, Pull, Dip Competition-3rd Quarter Challenge, strength and endurance will challenge the toughest with push ups, pull ups, and dips in this week long competition. Sign up for your individual challenge at the Warrior Fitness Center.

16-20 Aug, Warrior Fitness Center, 1 ½ Mile Run Competition-3rd Quarter Challenge, cardiovascular fitness will be challenged in this week long competition. Sign up for your individual challenge at the Warrior Fitness Center.

3, 5, 11, 18, 25 Aug, Active Families for a Fit Future, bring out the family for fun filled fitness activities including softball clinic, rock climbing, hiking, canoeing and more! Punch cards with the activities are available at the Warrior Fitness Center, the families with the most punches from activities will be put in for a drawing for a prize!

For more information or to sign up call 777-2762 or email [Katherine.purser@hill.af.mil](mailto:Katherine.purser@hill.af.mil); [Ashley.mitchell@hill.af.mil](mailto:Ashley.mitchell@hill.af.mil).