



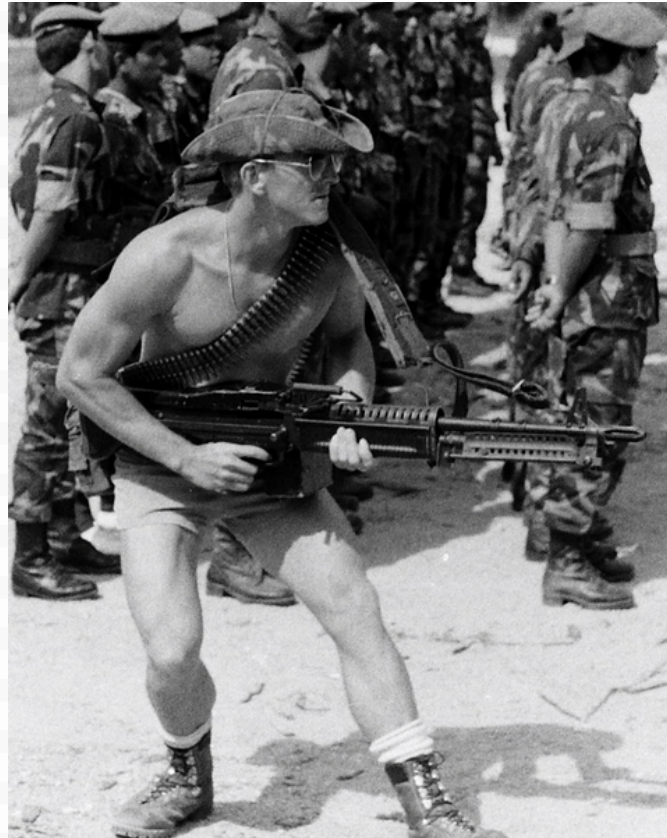
PATIO CHAT



WITH SPORT & FITNESS' OWN

MICHAEL "MAC" MCADAMS

EVERYDAY LIFE OF A NAVY SEAL



FRIDAY, MARCH 31 AT 4:00 PM

The continuing saga of our retired Naval Seal. Mac, our personal trainer at Sport & Fitness, was a Navy Seal and graduated from the smallest Seal class ever. What happened after his last chat of Seal Basic Training? Follow his adventures from the middle of the Pacific Ocean to the Persian Gulf as he shares a few tales from his 20-year career.

Please contact Sport & Fitness if you plan to attend (760) 346-8084.
Located on the Sport & Fitness Patio.