

Fort Drum Sports, Fitness and Aquatics

Unwind on the Water

Wednesday, Nov 25th

6:00 - 7:00 pm

Join us for a peaceful evening in the water or poolside as an instructor gently guides you through a still water Pilates/ Yoga flow ending with a calming meditation.

\$5 per participant



**Spots are limited
Register Now:
(315) 772-9673**



drum.armymwr.com