



THE WASHINGTON SURVEYOR

NOV. 12, 2019

CONTENTS OF THIS ISSUE

6

GW Promotes Sailors

Sailors aboard GW get MAPed

8

Military Family Month

An inside look at STCS Corey Davidson and his family

12

Five Star Luncheon

GW Sailors honored at Five Star Family Luncheon

16

Veterans Day

What Veterans Day really means to veterans



18

Around the Fleet

USS Detroit Departs on Maiden Deployment



THE WASHINGTON SURVEYOR

Nov. 12, 2019

USS George Washington (CVN 73)

Commanding Officer



Capt. Kenneth Strong

Executive Officer



Capt. Daryle Cardone

Command Master Chief



CMDCM Maurice Coffey

Media Department

Public Affairs Officer

Lt. Cmdr. Stephanie Turo

Deputy Public Affairs Officer

Lt. Tyler Barker

Departmental LCPO

MCCM Reginald Buggs

Divisional LCPO

MCC Christina Shaw

Production LPO

MC1 Gary Johnson

Media Department Requests

PRINT REQUESTS

E-MAIL MEDIA PRINT REQUESTS

PHOTO/VIDEO REQUESTS

(757) 534 - 2369

CUSTOMER SERVICE HOURS

MONDAY, WEDNESDAY & FRIDAY:

0800 - 1300

TUESDAY & THURSDAY:

0800 - 1400

2600 WASHINGTON AVE. SUITE 203

Surveyor Magazine

Editor-in-Chief

Lt. Cmdr. Stephanie Turo

Copy Editors

Lt. Tyler Barker

MCC Christina Shaw

MC1 Gary Johnson

MC2 Trey Hutcheson

Layout Designers

MC3 Tatyana Freeman

MCSN Cory Daut

Journalists

MC3 Kristen Yarber

MC3 Tatyana Freeman

MCSN Cory Daut

MCSA Stephen Sullins

A special thank you to all those who let us tell your stories to the crew and to the fleet.

The Washington Surveyor is an authorized publication for Sailors serving aboard USS George Washington (CVN 73). Contents herein are not the visions of, or endorsed by the U.S. government, the Department of Defense, the Department of the Navy or the Commanding Officer of USS George Washington. All news releases, photos or information for publication in The Washington Surveyor must be submitted to the Public Affairs Officer.



SAILOR IN THE SPOTLIGHT



HM3 Ryu Tuifao

HOMETOWN:

Des Moines, Washington

WHERE HE WORKS:

Medical Department

WHY HE JOINED:

"I joined so I could get some school done and send money back home to my family in Washington."

HOBBIES:

Running, running with his dog

WHY THIS SAILOR WAS NOMINATED:

HM3 Tuifao is one of the top performing third classes in medical and was therefore nominated by his leadership to be the Sailor in the Spotlight. Serving as the radiation health technician, he executes the job of two people in order to ensure the health and readiness of Sailors aboard George Washington. Thanks to his dedication and hard work, George Washington Sailors stay prepared for the fleet.

GW'S NEWEST WARRIORS



IS1 Tiffany Randall

AN Brionna Hunt

ABEAN Sahian Nanez

AD1 Noah Jacobs

LSSN Levi Snapp



CSSN Demetrius Davis

CSSN Barry Williams

LS3 Viviana Castillo

ABHAN Mily Guerro

ABHAN Shawna Murphy

ABHAN Sean Canon

AN Xahdari Goldsboro

ADAN Jonathan Baisden

PR3 Asher Weinbaum

AT3 Deanna Haynes

IS2 Jacob Johnson



CTR2 Natalie Horner

ITSA Asha Hill

ESWS

COORDINATORS

MMC FLYOD HOLLIER

CSC JOE MAGRI

EAWS

COORDINATORS

AOC VOLARIO LOTT

CSC JOSE VALENCIA

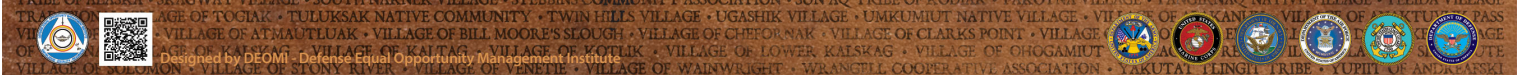
EIWS

COORDINATORS

ITC XICA JOHNSON

CTT1 NICOLLETTE JEFFERY

Honoring Our Nations: Building Strength Through Understanding

[illegible]



STORY BY MCSA STEPHEN SULLINS, PHOTOS BY MCSN CORY DAUT

Imagine a hard working Sailor, assigned to either the Nimitz class aircraft carrier USS George Washington (CVN 73) or elsewhere in the Fleet, who is performing above his or her peers, qualified beyond his or her paygrade and is ready, in every sense of the word, for advancement. However, this Sailor is not the best at taking tests and perhaps has difficulty reaching the quota to advance, but now this Sailor can be advanced. As part of the Navy's continuing efforts to recognize merit, it has implemented a program known as the Meritorious Advancement Program (MAP).

MAP is part of the Navy's plan to modernize its personnel, training, and evaluation systems under a program known as Sailor 2025. Sailor 2025 is designed to improve and modernize personnel management and training systems to effectively recruit, develop, manage, and retain the force of tomorrow. Although Sailor 2025 is focused on updating policies, procedures, and operating systems, and providing the right training at the right time, the ultimate goal is to empower Sailors.

"You are now out of uniform" is

something heard throughout the ship on the day MAP announcements are made and is something for which every department waits in earnest to celebrate as their shipmates advance to the next paygrade.

"I was [on temporary additional duty] and I got a phone call when it happened," said Cryptologic Technician (Technical) 1st Class Jordyn Calhoun, a Sailor assigned to the intelligence department. "It seems unreal because I'm now the same rank as the people that I look up to so much. It's intimidating."

Personnel Specialist 3rd Class Yamicelys



RodriguezMartinez said she didn't know she would get meritoriously advanced until it happened. Now the chain of command will expect her to take charge as a 3rd class petty officer and she welcomes the adulation from her command.

"Being meritoriously advanced to me is like your chain of command letting you know you're doing a great job," said RodriguezMartinez.

The process of being selected for a meritorious advancement involves in-depth discussions and evaluations of each potential candidate by their leadership.

Each Sailor working at peak performance is looked at carefully by the upper chain of command and a majority of the time only the best of the best in their department are chosen to be meritoriously advanced.

"I guess what I've been doing is first-class material," said Calhoun. "I've only been in four and a half years, so I figured that they'd see test scores to select people, but my senior chief must have seen some light in me."

MAP is designed to give commanding officers greater authority to recognize superior performance and advance their

very best Sailors. With the new promotion comes new leadership responsibilities and these meritoriously-advanced Sailors have been recognized for their capability. It's now up to them to prove to their leadership that the right choices have been made.



MILITARY FAMILY MONTH: THE DAVIDSONS: FIVE KIDS, SOON TO BE SIX

STORY BY MCSN CORY DAUT, PHOTOS COURTESY OF STCS COREY DAVIDSON

The military brings unique challenges to each and every service member. It can be daunting as they are integrated into a new culture and sometimes deployed far away from home to new lands and away from their social circles. For the military parent, it brings even more challenges as they balance their duties and love as parents with their newfound obligations to the military, nation, and their fellow service members.

November is designated as Military Family Month and allows the nation to pause and honor the daily sacrifices, challenges, and unique love these service members share with their families.

"I did an 11-month deployment to Iraq," said Senior Chief Sonar Technician Corey Davidson, the leading chief petty officer of the operations department aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). "That was really

trying, the kids were young, and I was really nervous that the kids wouldn't recognize me and they'd be kind of resistant to hang out with me or want to be with me. They didn't see me as much as the other fathers. I didn't want to be just another person in the house, but it wasn't that at all. There was maybe a day or two of adjustment."

The military hasn't just affected Davidson's life, but also his wife Tara, his kids Jasmine, Gabriel, Kylie, Abby, Caleb, and the



yet-to-be born son, Lincoln.

"As far as deployments, try to stay as busy as possible," said Tara Davidson. "Take up a hobby, go to lunch with a friend, and find someone that you can talk to at any time when you are feeling emotional. Understand that you will not have contact when you want, and you have to be okay with that. Try not to count down the days because that just makes it longer. Don't make yourself a nervous wreck. No news is good news."

There are challenges that come with serving your country while having a family and Davidson faces them every day. Throughout his career, he and his family have shouldered the hardships of military life, everything from the long deployments to the occasional 24-hour duty day, but their love and family bonds have helped them each time.

"My father being in the military has affected me emotionally," said Abby Davidson. "Having my dad gone so much makes me sad, and I wish he could be home more, but I understand why he is gone and I am proud of him for what he does."

Military families have to go through the rigors of living their lives without their spouse, or for kids not having their mom or

dad present for many big moments of their lives.

The military family though is not without resources to turn to, and there are many places for family members to go when they need help. Military One Source is one option service members have at their disposal for help during difficult times when their service member is not around.

Military One Source is part of the Family Readiness System that strengthens the military community through volunteers and command ombudsmen, providing support to others when they need it most.

"You are never alone in this," said Tara Davidson. "There are thousands of other spouses going through the exact same thing as you. If you are having trouble, reach out to another spouse or take advantage of the many resources the military offers. And just breathe!"

Members of the military and their family each have a separate duty. The spouse sometimes putting their career on pause to take care of the family. While all of this happens at home, the military member is serving and fighting for their country.

"My wife, being at home with five kids, and another one on the way, she does a ton of work, and I couldn't do it on my own,"

said Corey Davidson. "I let her know every day that I appreciate everything she's doing: the dinner, the cleanliness of the house, and any income she can provide. It's whatever they can do at home, you just have to show that you appreciate them."

Throughout the year Americans can always give thanks and support the military and military families. Since 1993, the month of November has officially been noted as Military Families Month when George H. W. Bush, the 41st president of the United States, made it publicly recognized.

"My advice for other kids in my position would be to be as supportive as possible," said Kylie Davidson. "Simply appreciate the time you have together and never take them for granted. Having a family member in the military can be hard sometimes, but all you can do is love them and support them no matter what."

For more information about military family month, Sailors can visit

<https://www.defense.gov/explore/story/Article/1680590/national-veterans-and-military-families-month-2018/> or

https://download.militaryonesource.mil/12038/MOS/Factsheets/Factsheet_MilitaryFamilyMonth.pdf.

NAVAL AVIATION



JANUARY 8, 1911
FIRST SHIPBOARD LANDING



MAY 8, 1911
THE FIRST NAVY AIRCRAFT
SPECIFICATIONS ARE DRAFTED;
LATER BECOMES U.S. NAVAL
AVIATION BIRTHDAY



JULY 1, 1911
FIRST U.S. NAVAL AVIATION



OCTOBER 26, 1922
FIRST LANDING ON
USS LANGLEY (CV-1)



MARCH 20, 1922
USS LANGLEY (CV-1) IS THE
FIRST COMMISSIONED
AIRCRAFT CARRIER



JULY 1, 1922
BUREAU OF NAVAL AVIATION
IS ESTABLISHED



JULY 27, 1927
FIRST NAVY/MARINE CORPS
COMBINED ACTION



MAY 7, 1942
FIRST AIRCRAFT CARRIER
BATTLE OCCURS AT THE BATTLE
OF CORAL SEA



JUNE 3, 1942
NAVAL AVIATION
THE TIDE OF THE BATTLE
DURING THE BATTLE OF MIDWAY

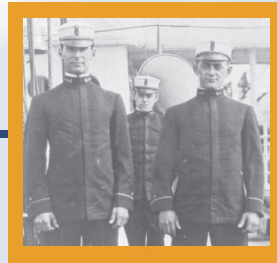
HISTORY OF AVIATION



1911
FIRST NAVAL FLIGHT



APRIL 24, 1914
FIRST NAVAL COMBAT FLIGHT



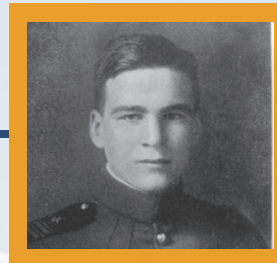
MAY 30, 1916
FORMAL FLIGHT
SCHOOL BEGINS



1921
NAVAL AERONAUTICS
ESTABLISHED



MAY 27, 1919
FIRST TRANSATLANTIC
CROSSING



SEPTEMBER 24, 1918
FIRST NAVY ACE IS
LT. J.G. DAVID S. INGALLS



1942
AVIATION TURNS
THE PACIFIC WAR
THE BATTLE OF MIDWAY



FEBRUARY 20, 1962
FIRST AMERICAN TO
ORBIT EARTH IS
LT. COL JOHN H. GLENN, JR.



FEBRUARY 22, 1974
FIRST FEMALE NAVAL AVIATOR
IS LT. J.G. BARBARA ANN ALLEN

A photograph of a woman with dark hair in a bun, wearing a dark green dress, sitting at a round table with a white tablecloth. She is smiling and looking towards the camera. Two young girls, both wearing red coats, are seated on either side of her. The girl on the left is looking down at a smartphone. The table is set with white plates, glasses, and silverware. There are several chocolate desserts on the table. In the background, other tables and people are visible, suggesting a formal event.

GEORGE WASHINGTON NOMINATED TO RECEIVE FIVE STAR MILITARY

STORY BY MC3 KRISTEN CHEYENNE YARBER, PHOTOS BY MCSN CORY DAUT

A photograph of two women sitting at a table during a family luncheon. The woman on the left is wearing a black and white striped shirt and has curly hair. The woman on the right is wearing a dark blue naval officer's uniform with a white sailor collar, a tie, and several medals on her chest. She also has a rank insignia of a Lieutenant Commander (three gold stripes with a crossed anchor). The table is set with white plates of food, glasses of water, and a blue tablecloth. There are also small American flags and a sign that says "INVOLVE" on the table. The background shows other people seated at tables in a restaurant setting.

INGTON SAILORS REPRESENT NAVY AT FAMILY LUNCHEON



Volunteering for military service is a feat in itself, but many service members take it one step further by dedicating their off-duty hours to serve their community. By doing so, service members not only help their community, but also help further connect the military to civilian America.

To observe military members for volunteer accomplishments, the Armed Services YMCA created the Five Star Military Family luncheon, held this year on Nov. 1. 2019 marks the event's 25th year of recognizing military families who enrich local communities through a dedication

to volunteerism. At each event, one active duty service member and their family are honored for their charitable acts.

This year, two Sailors stationed aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73) were nominated for this honor.

"It feels great to be nominated," said Intelligence Specialist 1st Class Tiffany Randall, temporarily assigned to George Washington's supply department, one of the nominated Sailors. "I just really enjoy giving back to the community. I will be living here for about the next three years, so I love

to give back to a community that already supports the military in many ways."

Randall does not limit her volunteer service to one organization, as she divides her free time between local schools, churches, and more.

"I volunteer all over the Hampton Roads region," said Randall. "I will volunteer with anything I can get my hands on."

Randall's acts of service are recognized by more than just this luncheon. Her shipmates see the hard work and effort she puts forth both at work and in her personal time.





"Out of all the Sailors I have ever had, [Randall] stands out by far with the amount of volunteering and giving back to the community that she does," said Chief Culinary Specialist Jose Valencia, the leading chief petty officer for George Washington's supply department.

Valencia added that Randall makes a point to bring junior Sailors with her to volunteer events so they can follow in her footsteps.

"It gives me great pride knowing that I am helping someone and putting a smile on their face," said Randall. "I do it out of respect for humankind in general."

The second nominee from George Washington is Aviation Boatswain's Mate (Fuels) 3rd Class Christopher Arnold, assigned to George Washington's air department.

"It feels good that the Armed Services YMCA is showing appreciation for what Sailors do for the Hampton Roads

"Volunteering to me just means that you are giving your time freely to better your community for those who need your help."

community," said Arnold.

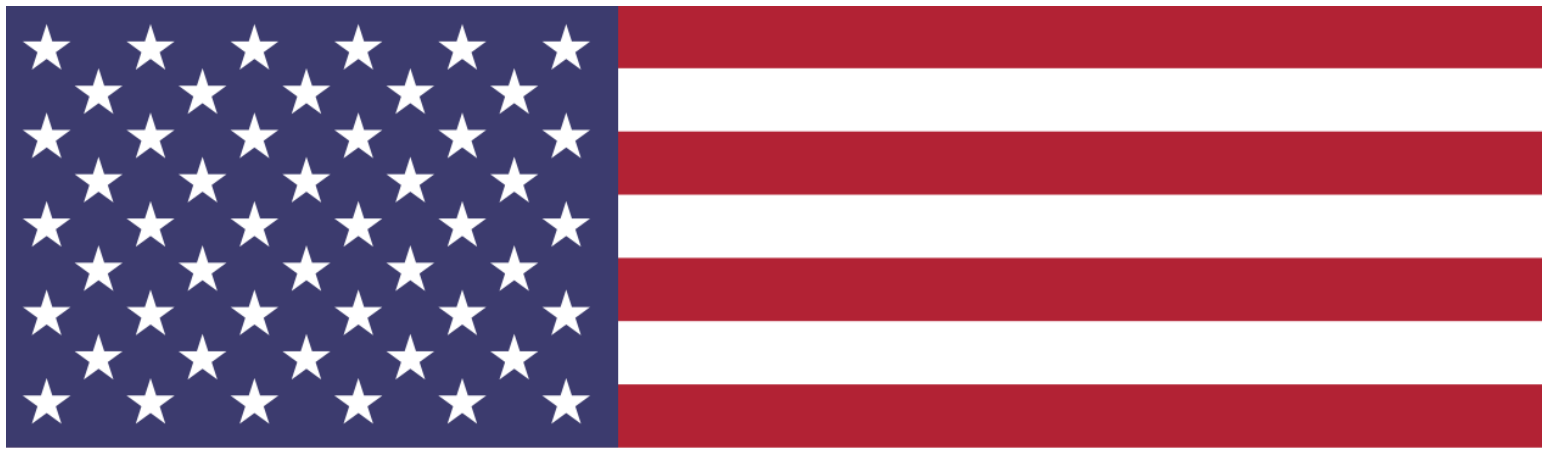
Arnold volunteers in the city of Hampton as an emergency medical technician.

"Volunteering to me just means that you are giving your time freely to better your community for those who need your help," said Arnold.

Although neither George Washington Sailor was chosen to represent the Navy as a whole, both felt honored to be nominated in the first place.

"It's not just something to put on paper or on your periodic evaluation," said Randall. "I think that if you give back to the community, that bond you create will make you a better Sailor in the end."

To nominate someone for this accolade, visit <https://www.asymca.org/five-star-military-family> and submit a nomination before the listed deadline.



VETERANS DAY

In celebration of Veterans Day, Sailors assigned to the media department aboard the Nimitz-class carrier USS George Washington (CVN 73) spoke to veterans about their thoughts and views on Veterans Day and what serving in the United States military meant to them.



WILLIAM SHERER
SEAMAN, U.S. NAVY

Q: What does Veterans Day mean to you?

A: Veterans Day to me is remembering everyone that served, especially ones that lost their lives, and the friends that we have now. It's a really big deal for us to remember one another, past, present, and future.

Q: How did your view of Veterans Day change after you served?

A: Before I joined the military, it wasn't too big of a deal, but now since I've been in and I've got a lot of family in the military, it hits pretty close to home. The military really appreciates it because we've all been there. We know.

Q: What are some things that people can do to help veterans?

A: It's really hurtful each day to see a lot of veterans out there that are less fortunate than a lot of people. That hurts me as both a veteran and a person. Active duty members now really need to pay more attention to the veterans. There are 22 that die a day. Most of them are probably homeless and give up on life. So if people can look out for one another and take a few minutes to talk to veterans and tell them they're appreciated, I think it would go a long way to keep them around longer.



SEAN DEVLIN
SGT. 1ST CLASS, U.S. ARMY

Q: What does Veterans Day mean to you?

A: Veterans Day means celebrating our life and our lifestyle that we know today. Without veterans, we would not have what we have today. Service members of today have the audacity to go forward and do the things that they do, thanks to veterans. It's about remembering the ones who have served before them, alive or dead.

Q: What makes you most proud about your service?

A: Being a part of the legacy of the United States military. A lot of things would not be here without the military. Being a part of strength and what we can project out into the world. It tells enemies that you don't mess with the United States.



VINSON MILLER
CMDR, CHAPLAIN, U.S. NAVY

Q: What does Veterans Day mean to you?

A: It seems like in our society that people get Veterans Day and Memorial Day all muddled together. For me, it's remembering a lot of my family members and remembering a lot of people that I've known and who I still know. I think about patriotism and serving my country. I think a lot about a community that you're always tied to. You end up in this really interesting community in the military and it never really goes away.

Q: How has being in the military affected your life now?

A: There is a shared experience and bond of loyalty, not just to the nation, but one another. It doesn't seem to stop. I've gotten out of the Navy and grown my beard like every Sailor wants to do, but I'm still connected. The bond is there. There's a shared experience, shared sense of values, and a shared commitment. I think in a lot of ways the military integrates us better as citizens. We get put with people we might not otherwise sit down and associate with and suddenly they're our shipmates and we owe them something and they owe us something. Where else can you find that?

Q: What are some things people can do to celebrate Veterans Day?

A: I would love for people to instead of saying "thank you for your service," ask "what was the greatest sacrifice your loved ones made while you served" or "what was the greatest sacrifice you made while you served?" Something very specific about our service to show you care and understand the actual sacrifice. The mindset of "help me understand what your experience was like, and then I will thank you for that."

USS Detroit Departs on Maiden Deployment

By the Office of the Navy Chief of Information



MAYPORT, Fla. (NNS) -- The Freedom-class littoral combat ship USS Detroit (LCS 7) departed its homeport of Mayport, Florida, for the U.S. Southern Command area of responsibility on its maiden deployment Oct. 31.

Detroit will conduct operations in support of Joint Interagency Task Force South's Campaign MARTILLO, a multinational effort launched in January 2012 targeting illicit trafficking routes in coastal waters along Central America. Detroit's operations will involve practical exercises and exchanges with partner nations, supporting U.S. 4th Fleet interoperability and reinforce the U.S. position as the regional partner of choice.

"I expect this deployment to offer a great opportunity to work together with regional partners throughout Southern Command Area of Responsibility," said Capt. Cory Applebee, Commander, Surface

Warfare Division Two One.

The deployment of Detroit is the first deployment of an LCS in support of MARTILLO and the second deployment of the Freedom variant to the region. The first deployment was USS Freedom (LCS 1) in 2010.

MARTILLO includes twenty partner nations committed to a regional approach against targeting illicit trafficking routes. The deployment of an LCS to the region demonstrates the U.S. commitment to regional cooperation and security. Detroit's shallow draft provides unparalleled opportunities for port access, making Freedom variant an ideal vessel for these types of engagements.

"We hope Detroit will build relationships with that region and show that LCS is a capable warfighting platform that is ready to safeguard access to international waterways and demonstrate operating

capabilities," Applebee said.

Detroit will also demonstrate her operational capabilities and allow the Navy to evaluate crew rotation and maintenance plans. Detroit is manned by her Gold crew of more than 90 Sailors, which will include surface warfare mission package personnel, U.S. Coast Guard law enforcement detachment, and an aviation detachment to operate an embarked MH-60S Seahawk helicopter and two MQ-8B Fire Scout Vertical Takeoff Unmanned Vehicles.

Homeported in Mayport, Detroit will have Blue and Gold crew rotations during the deployment. The two crews will rotate on the same hull every 4-5 months, creating a "cycle of virtue" between the crews who consistently turn the same ship over to each other, which will allow continuous presence in the region.

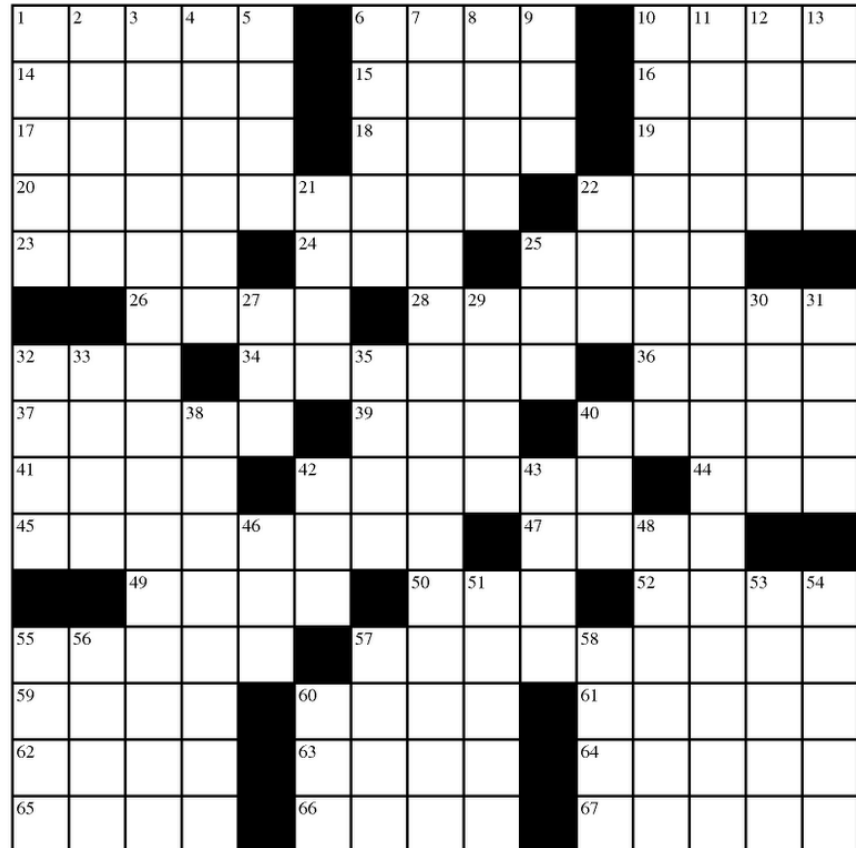
GAMES CORNER

"One-Armed Bandit"

by Patrick Blindauer

ACROSS

- 1 Faux pas
 6 Point at which you are as high as you can get
 10 Winner of the 2012 Tony for Best Musical
 14 Put out
 15 Polk's middle name
 16 Carter's first name
 17 "Wake of the Ferry" painter
 18 "Everything you love about breakfast" chain
 19 Sound to expect when you're expectorating
 20 One of Patty Duke's sons
 22 They may be cracked
 23 Asgard god
 24 "Say ____!" (repeated line at the end of "Dentist!" from "Little Shop of Horrors")
 25 Sister of Meg, Jo and Amy
 26 Actor Ed or pitcher Early
 28 Final track on "Sounds of Silence"
 32 Paul's partner on 28-across
 34 Refuse
 36 "Wonderful Town" song about a state
 37 Like Mid-Century modern furniture, nowadays
 39 Plan for patients, briefly
 40 Holy name
 41 Winner of the 1974 Eurovision Song Contest
 42 Hugh who worked as a copywriter for Esquire
 44 Chem. unit
 45 Device in Commissioner Gordon's office
 47 Green who played Oz
 49 Part of a Latin lover's threesome?
 50 You can bet on it
 52 Leaves at Staples
 55 "New ____ @ School" ("Monster High" episode)
 57 Archaeological era
 59 Awed exhalations
 60 Groening who gave birth to Maggie Simpson
 61 "Peer Gynt" playwright
 62 Morales of "Caprica"
 63 Card known for its hologram of a dove



- 64 Spots for clearing houses?
 65 Blueprint detail, for short
 66 Strong hands win them
 67 Sleepy's selection

DOWN

- 1 White paint mixture
 2 Like connected wheels
 3 Reel #1
 4 "____ and Zooey" (Salinger book)
 5 Explosive feature of Europe
 6 Breed with a curly tail
 7 Reel #2
 8 Get cheeky?
 9 Not local, as a train: abbr.
 10 Making the rounds
 11 Reel #3
 12 Movie with three different endings
 13 Crimson rivals
 21 Not avec
 22 World leader?

- 25 Munich manufacturer
 27 Repeated role for Reeves
 29 "____ Flux" (1990s MTV cartoon)
 30 Parting word
 31 Maxwell who founded a department store chain based in Menomonee Falls, Wisconsin
 32 Sleek horse
 33 "The Queen of Country," familiarly
 35 "Big Brother" host Julie
 38 Eminem genre
 40 "You ____ My Sunshine" (1939 song)
 42 All the rage
 43 Channel for athletic supporters
 46 Film character who says "This mission is too important for me to allow you to jeopardize it."
 48 Equalizer setting
 51 Bits
 53 Employee of SD-6, on "Alias"
 54 Group whose name means "table" in Latin
 55 "There ____ the Neighborhood" (Jeff Daniels movie)
 56 Operation setting: abbr.
 57 Moran's "Joanie Loves Chachi" costar
 58 Changes course sharply
 60 A-Rod in 2007, e.g.

HAMPTON ROADS EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
	Turkey Sprint	Liberty Tranquil Tuesdays	Auto Skills Class	Madden Tournament	GW Admirals Hockey Night	Adventure Park Trip
	5:00 a.m. Yorktown	11:00 a.m. NAVSTA Norfolk	6:00 p.m. NAVSTA Norfolk	5:00 p.m. Little Creek	18:30 p.m. Scope Arena	12:00 p.m. Little Creek
17	18	19	20	21	22	23
		Super Smash Bros. Tournament	Microwave Meals Class	Paint and Sip		Liberty Pool Tournament
		4:00 p.m. NNSY	5:00 p.m. NNSY	5:30 p.m. NAVSTA Norfolk		12:00 p.m. Portsmouth

EVERY WEEK - FITNESS CLASSES

M

Strength Training
Huntington Hall
5, 6, 7:30 a.m.

Functional Fitness
Huntington Hall
3:00 p.m.

T

Core Training
Huntington Hall
5, 6, 7:30 a.m.

Functional Fitness
Huntington Hall
3:00 p.m.

W

Strength Training
Huntington Hall
5, 6, 7:30 a.m.

Functional Fitness
Huntington Hall
3:00 p.m.

T

Cardio Kickboxing
Huntington Hall
5, 6, 7:30 a.m.

F

HIIT/Core
Huntington Hall
5, 6, 7:30 a.m.

