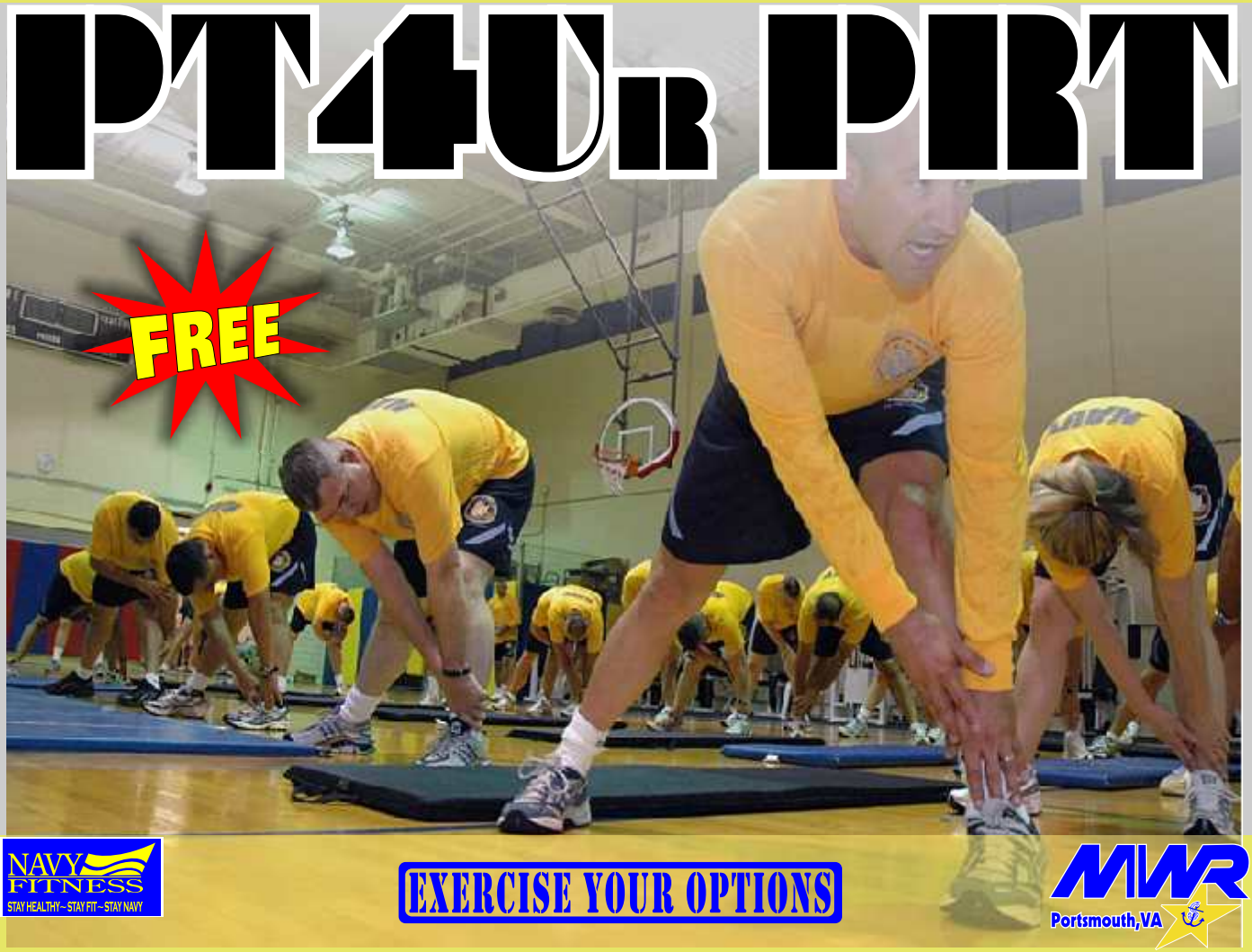
NNSY - NMC Portsmouth

PT4Ur PRT



Need help passing your next PFA?

Portsmouth fitness team can help!

Either one-on-one or your whole command!

Body Composition

Push-ups

1.5-mile run

Curl-ups

For more information, contact Jacqueline Stiffler at 967-2500 or email: jacqueline.stiffler@navy.mil.