



Marines Wake Up Nashville With a Workout

NASHVILLE (Sept. 7, 2016) – Following reveille on Thursday, Sept. 8, the Marines will wake up Nashville with physical fitness workouts at Walk of Fame park.

Nashvillians will be put to the test as they join the Marines during their morning physical fitness training at 7 a.m. The hourlong training, which can be modified for any experience level, will demonstrate how to use your own body weight and will be self-paced. Marines will both encourage and motivate participants throughout the training exercise. Don't forget to bring some water.

Thursday's other highlights include:

- Marine Art Project, 8 a.m.–5 p.m., at Douglas Corner Café, (five Marines paint a mural, to be unveiled Saturday, Sept. 10, at 2106 Eighth Ave. S.)
- Wreath-Laying Ceremony With Vice Mayor David Briley, 9–9:30 a.m., at John Seigenthaler Pedestrian Bridge
- Marine Band San Diego's "Sound Strike," 9:30–10:30 p.m., at Wildhorse Saloon

For the full Marine Week schedule, please visit usmarineweek.com/events.

MAGTF Safety Advisory

The downtown core area of Nashville should expect increased noise and vibrations on Thursday, 12–3 p.m., from the rehearsal for the Marine Corps Air-Ground Task Force (MAGTF) demonstrations at Riverfront Park. Thursday's rehearsal is in preparation for MAGTF demonstrations on Friday (1:15 p.m.) and Sunday (10:15 a.m.).

The demonstrations will feature low-flying aircraft and pyrotechnics. To ensure a safe event, Marine Week officials advise residents, workers and visitors in the downtown core area to adhere to signs and remain outside of the demonstration area. Clearly marked, designated viewing areas will be established for those wishing to see the demonstrations up close.

Marine Week Nashville events on Wednesday included a music-filled opening ceremony and celebration, a Marine Corps Leadership Seminar at Tennessee State University, story time with the Marines at the Nashville Public Library, and a visit to the Monroe Carell Jr. Children's Hospital.

To view photos and video footage taken at today's events by the USMC, please visit the digital newsroom after 5 p.m. at <http://usmarineweek.com/digital-newsroom/>.

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