



2023

FITNESS CALENDAR

Family Fitness Events

- Fit-Family Bootcamp - *January*
- Fit-Family Firecracker Run/Walk - *July*
- Fit-Family Halloween Event & Workout - *October*
- Fit-Family Turkey Trot - *November*

Fitness Center Incentive Programs

- Ironfit Tri-Challenge
Winter
- Mission Slimpossible
Spring
- Summer Checkoff Challenge
Summer
- December to Remember Challenge
Fall

Other Fitness Center Offerings

- New Member Orientation
- Body Composition Testing
- Group Exercise Classes
- Program Design
- Fitness/Wellness Seminars

Military Fitness Opportunities

- NOFFS Classes
- Monthly Base-Wide Command PT
- Command PT For Individual Commands (*as requested*)
- Fitness Enhancement Program (*as requested*)
- Command Fitness Leader Course - *September 25 - 29*
- Mission Nutrition (*twice per year*)



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No Navy endorsement implied.