2022

FITNESS CALENDAR

Family Fitness Events
- Fit-Family Bootcamp - January
- Fit-Family Firecracker Run/Walk - July
- Fit-Family Scavenger Hunt & Workout - October
- Fit-Family Turkey Trot - November

Fitness Center Incentive Programs
- Ironfit Tri-Challenge
  Winter
- Lift-A-Thon
  Spring
- Summer Travel Challenge
  Summer
- Holiday Humdinger Check-Off Challenge
  Fall

Other Fitness Center Offerings
- New Member Orientation
- Body Composition Testing
- Group Exercise Classes
- Program Design
- Fitness/Wellness Seminars
- Functional Movement Screens

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 19 - 23
- Mission Nutrition (twice per year)