

NSA MECHANICSBURG

2020 FITNESS EVENTS & PROGRAMS CALENDAR

Family Fitness Events & Opportunities

- Fit-Family Boot Camp (January)
- Bring Your Child to Work Day (April)
- Freedom Fest Family Obstacle Course (July)
- Fit-Family Scavenger Hunt & Workout (October)
- Youth Fitness Orientations (Ongoing)

Fitness Center Incentive Programs

- Ironfit (Winter)
- Mission Slim-Possible Partner Challenge (Spring)
- Passport Checkoff Challenge (Summer)
- Appalachian Trail Challenge (Fall)

Other Fitness Center Offerings

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

Military Fitness Opportunities

- NOFFS Sessions (Five+ times per week)
- Command PT (Monthly)
- Fitness Enhancement Program (As requested)
- Individualized Programming

