

# FITNESS EVENTS CALENDAR 2026

## FITNESS BINGO

January 12-March 31

## CFL COURSE

MAY 4-8

## FALL CRAWL

November 1-30

### NOFFS

#### June (Focus: Train for Summer)

Monday, June 1 4-6 pm  
Wednesday, June 3 11 am-1 pm

#### August (Focus: Train for Fall)

Monday, August 24 4-6 pm  
Wednesday, August 26 11 am-1 pm



## NAVY MISSION NUTRITION

**Oceana:** June 11 & September 9

**Dam Neck:** May 14-15

### SUMMER SERIES

**June:** Squats

**July:** Bike the Hampton Roads Bases  
(The Region Tour Addition)

**August:** Planks

Thursday, April 23	<b>Spring Fling Race</b>	11:30 am
Thursday, May 14	<b>SPARTA</b>	10 am-1 pm
Thursday, June 4	<b>Wet n' Wild</b>	8-11 am
Friday, September 11	<b>Step Challenge</b>	TBA
Thursday, October 1	<b>Battle Out Breast Cancer</b>	11 am-1 pm
Thursday, October 22	<b>Pumpkin Patch 5K</b>	11:30 am
Thursday, November 5	<b>Veteran's Day Tactical Challenge</b>	11 am-1 pm
Saturday, November 7	<b>Fall Family Day Obstacle Course &amp; Yard Games</b>	8-11 am
Tuesday, November 24	<b>Thanksgiving Workout</b>	8-11 am
Thursday, December 10	<b>Aerobathon</b>	11 am-1 pm

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