

# 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  
Thursday, May 14  
Thursday, June 4  
Friday, September 11  
Thursday, October 1  
Thursday, October 22  
Thursday, November 5  
Saturday, November 7  
Tuesday, November 24  
Thursday, December 10

**Spring Fling Race**  
**SPARTA**  
**Wet n' Wild**  
**Step Challenge**  
**Battle Out Breast Cancer**  
**Pumpkin Patch 5K**  
**Veteran's Day Tactical Challenge**  
**Fall Family Day Obstacle Course & Yard Games**  
**Thanksgiving Workout**  
**Aerobathon**

11:30 am  
10 am-1 pm  
8-11 am  
TBA  
11 am-1 pm  
11:30 am  
11 am-1 pm  
8-11 am  
8-11 am  
11 am-1 pm

Hornet's Nest Gym • 529 D Avenue • 757-433-3828



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No Navy endorsement implied.

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