

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*
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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*)