

# 2021 FITNESS CALENDAR

## Family Fitness Events & Opportunities

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

## Fitness Center Incentive Programs

- Snowball Startup Challenge (Winter)
- IronFit Tri-Challenge (Spring)
- Passport Checkoff Challenge (Summer)
- Appalachian Trail Challenge (Fall)
- The December to Remember Fitness Challenge (Winter)

## 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 — All Commands (monthly)
- Command PT — Individual Commands (as requested)
- Fitness Enhancement Program (FEP) (as requested)
- Individualized Programming