

# 2023 CALLAGHAN FITNESS CALENDAR



# 2023 CALLAGHAN SPORTS CALENDAR



## January

- 9 – New Year, New You Fitness Challenge
- 17 – NOFFS Class (Nutrition)
- 23-27 – Health & Fitness Clinics

## February

- 8 – Donuts & Deadlifts
- 14 – Love of Spin Aerobathon
- 21 – NOFFS Class (Pillar & Movement Prep)

## March

- 1 – Nascar Cardio Cup
- 6-10 – CFL Class
- 14 – NOFFS Class (Strength)
- 23 – Mission Nutrition

## April

- 1 – Row Challenge
- 1 – Run Like a Fool 5K/10K
- 18 – NOFFS Class (ESD)

## May

- 3 – Mother's Day Appreciation
- 9 – NOFFS Class (Regeneration)
- 15-20 – Fitness & Sports Challenge
- 27 – Pool Opens (Weekends)

## June

- 6 – NOFFS Class (Nutrition)
- 14 – Father's Day Appreciation
- 20 – Pool Opens for Season

## July

- 10 – Outdoor Triathlon at Splash Zone Pool
- 18 – NOFFS Class (Sandbag)

## August

- 7-11 – Hero Honor Ultimate Challenge
- 16 – One-Rep Max Bench Press Contest
- 22 – NOFFS Class (Pillar & Movement Prep)

## September

- 5 – Outdoor Pool Closes for Season
- 11 – Remembrance 5K
- 11 – Cardio Bowl
- 19 – NOFFS Class (Strength)

## October

- 6, 13, 20, 27 – Pink Fridays
- 10 – NOFFS Class (Nutrition)
- 12 – Burpee Challenge
- 23-27 – CFL Class

## November

- 7 – NOFFS Class (Regeneration)
- 14 – Turkey Tone-Up
- 30 – Mission Nutrition

## December

- 1 – Fitmas Challenge
- 6 – Flow & Glow Yoga
- 12 – NOFFS Class (Nutrition)

## Monday, January 9

Resume Basketball League

## Monday, January 30

Intramural Basketball Tournament

## Tuesday, February 21

Over-30 Basketball Tournament

## Tuesday, February 21

Mid-Atlantic Region Women's Basketball Tournament

## Tuesday, March 21

Racquetball Tournament

## Monday, April 17

Intramural Softball League Begins

## Saturday, May 27

Pool opens (weekends)

## Tuesday, June 20

Pool opens for season

## Monday, June 26

Intramural Softball Tournament

## Monday, August 7

Intramural Flag Football League Begins

## Wednesday, September 13

Tennis Tournament

## Monday, September 18

Flag Football Tournament

## Monday, November 20

Intramural Basketball League Begins



**\*DATES ARE SUBJECT TO CHANGE**

**757-967-2495**

