NORFOLK NAVAL SHIPYARD MWR | FITNESS & SPORTS







January

13-17 New Year New You Challenge **21** NOFFS Class (Nutrition) 29 Health & Fitness Clinics

February

5 Donuts & Deadlifts **13** Love of Spin Aerobathon 18 NOFFS Class (Pillar & *Movement Prep)*

March

1 Nascar Cardio Cup 10-14 CFL Course **18** NOFFS Class (Strength) **27** Mission Nutrition

April

- **1** Row Challenge
- **5** Run Like a Fool 5K/8K
- 15 NOFFS Class (ESD)
- **18** National Squat Day Challenge

May

- 7 Mother's Day Appreciation
- **13** NOFFS Class (Regeneration) 24 Pool Opens (Weekends)
- 24 Super Splash Bash & Luau
- 28-29 Fitness & Sports Challenge

June

1 Step into Summer Challenge

- July
- **16** Customer Appreciation Cookout 22 NOFFS Class (Sandbag)

August

- 6 Hero Honor Ultimate Challenge
- **9** Back to School Flip Flop Fiesta
- 13 One-Rep Max Bench Press Contest
- **19** NOFFS Class (*Pillar* & *Movement Prep)*
- 20 Customer Appreciation Cookout

September

- **1** Cardio Bowl
- 2 Pool Closes for the Season
- 8 Outdoor Triathlon at Splash Zone Pool
- **16** NOFFS Class (Strength) 22-26 CFL Course

October

- 3, 10, 17, 24, 31 Pink Fridays
- 7 NOFFS Class (Nutrition)
- **10** National Burpee Day Challenge
- **18** Halloween Hustle 5k & Kids Spooky Shuffle

November

- 4 NOFFS Class (Regeneration)
- 19 Turkey Tone-Up
- 20 Mission Nutrition



Monday, February 10 Intramural Basketball Tournament

Monday, March 3 **Over 30 Basketball** Tournament

Wednesday, March 19 Dodgeball **Tournament**

Wednesday, April 16 Pickleball Clinic

Monday, April 21 Intramural Softball League begins

Wednesday, May 14 Women's Pickleball Tournament

Wednesday, May 21

Monday, June 23 **Intramural Softball** Tournament

Wednesday, July 16 Cornhole Tournament

Monday, August 4 Intramural Flag Football League begins

Monday, September 22 **Intramural Flag Football Tournament**

Wednesday, October 15 Pickleball Tournament

Monday, November 17 Intramural Basketball League begins

10 NOFFS Class (Nutrition) Father's Day Appreciation Color Run Block Party Customer Appreciation Cookout Splash Bash Aqua Family Fun Day

December

1 Fitmas Challenge **10** Flow & Glow Yoga

All dates are subject to change.

Kickball

Tournament

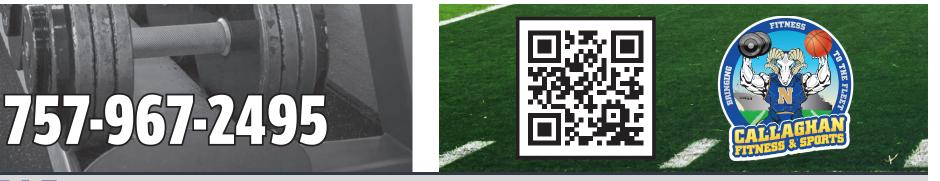
Tuesday, November 18 3-Point Shootout

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