



June - August NAVY FITNESS TRAININGS



Fitness & Fueling Workshops

Fleet Fitness Complex

Thursday, June 15

Sandbag Strength

Thursday, July 20

Regeneration - Mobility & Recovery

Thursday, August 17

Nutrition & Meal Building

5-6:30 p.m.

Hario Fitness Center

Tuesday, August 22

Nutrition & Meal Building

4-5:30 p.m.

Free • Open to SOFA Sponsored Personnel
Ages 15 years & older

Registration Deadline: Two days prior to workshop
Let us show you how to reach your fitness and nutrition goals! Our experts will cover exercise technique, planning workouts and nutrition strategies in our monthly workshops.



Mission Nutrition

Thursday, July 27

8 a.m.-4 p.m. • Free • Fleet Fitness Complex

Open to All CFAS • Ages 15 years & older

Registration Deadline: Tuesday, July 25

Learn a variety of nutrition strategies to improve your diet and lead a healthier lifestyle. This in depth course will cover mindful eating, weight control, meal planning, grocery shopping and performance fueling!

Command Fitness Leader Certification Course

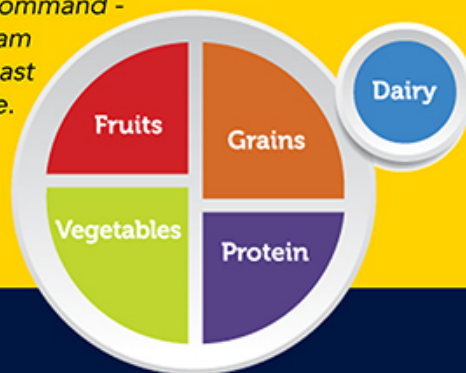
Monday, August 7 - Friday, August 11

40 Hour Course • Free • Fleet Fitness Complex

Open to Qualified Active Duty Military

Application packets must be submitted to the Naval Personnel Command -

Physical Readiness Program administrative office at least two weeks prior to course.



For more information, call 252-6899.