

2024

Fleet Fitness Complex - Hario Fitness Center



ANNUAL FITNESS CALENDAR

JANUARY

- 1-31 • 31 Days to Run Challenge
- 13 • Table Tennis
- 18 • NOFFS Workshop
- 20 • Back to Basics rowing
- 27 • End of Season Flag Football
- 29-2 • CFL

FEBRUARY

- 3 • Fun Fit Feb
- 3 • Women's Flag Football
- 15 • NOFFS Workshop

MARCH

- 9-10 • March Madness
- 16 • Max Out March
- 21 • NOFFS Workshop
- 23 • Hacker's Golf
- 29 • Underwater Easter Egg Hunt

APRIL

- 6-7 • Opening Day Softball
- 13 • Pay the Man Challenge
- 18 • NOFFS Workshop
- 27 • Kickball Tournament

MAY

- 1-30 • 30 Day Swim Challenge
- 11 • Tough Mother Challenge
- 16 • NOFFS Workshop
- 18 • 4x4 Sand Volleyball
- 24 • Memorial Challenge
- 25-26 • Memorial Softball Tournament
- 27 • Memorial Day Soccer

JUNE

- 1-30 • Fit for Fuji
- 8 • NOFFS Games Team
- 20 • NOFFS Workshop
- 22 • 10x10 Kickball
- 22-28 • CFL
- 29 • 2x2 Sand Volleyball

JULY

- 6 • Independence Day Softball
- 13 • Heavy Lifters Challenge
- 18 • NOFFS Workshop
- 20 • 6x6 Sand Volleyball

AUGUST

- 15 • NOFFS Workshop
- 27 • 3x3 Streetball

SEPTEMBER

- 7 • 9-11 Tribute Challenge
- 14 • Back to Basics Rowing
- 14 • Table Tennis
- 19 • NOFFS Workshop
- 28 • 3v3 Ball Tournament

OCTOBER

- 5 • End of Season Softball
- 17 • NOFFS Workshop
- 19 • NOFFS Games Solo
- 19 • 3 Point Tournament

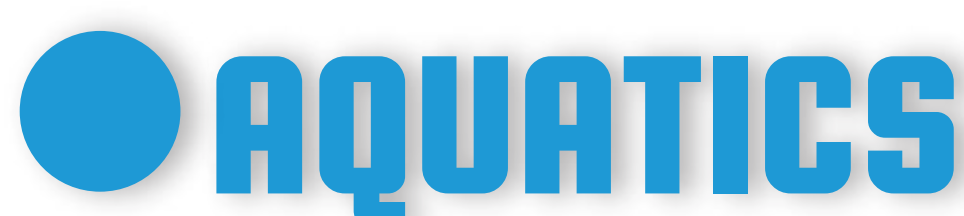
NOVEMBER

- 9 • Health Fair
- 20 • Turkey Blitz
- 21 • NOFFS Workshop

DECEMBER

- 7 • Powerlifting Competition
- 7 • Dodgeball Tournament
- 14 • Free Throw Contest
- 19 • NOFFS Workshop

Schedule is subject to change without notice



CALL 252-6899 FOR MORE INFORMATION.