

NORFOLK NAVAL SHIPYARD

PHYSICAL READINESS PROGRAMS 2020

YOU MUST REGISTER FOR EACH CLASS AT LEAST SEVEN WORKING DAYS BEFORE THE CLASS DATE. CLASS SPACE IS LIMITED.

NOFFS CLASS DATES (THURSDAYS)

January 23 Pillar & Movement Prep
 February 6 Nutrition
 March 12 Strength
 April 9 ESD
 May 14 Regeneration
 June 11 Nutrition



July 16 Sandbag
 August 20 Pillar & Movement Prep
 September 17 Strength
 October 15 Nutrition
 November 12 Regeneration

MISSION NUTRITION CLASS DATES



March 20
 November 20



COMMAND FITNESS LEADER COURSE DATES



March 2 - 6
 December 7 - 11



OPEN TO ACTIVE DUTY, RETIREES, ELIGIBLE FAMILY MEMBERS AND DOD CIVILIANS.

NNSY-MWR-1910-062-1W



NAVYMWR
MIDLANT.COM



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