

2025 FITNESS CALENDAR

OPEN TO ALL WITH BASE ACCESS

FOR MORE INFORMATION, CALL 817-782-7770

WWW.NAVYMWRFORTWORTH.COM

January

"BIGGEST LOSER" COUCH TO 5K CHALLENGE

Want to get prepared for our upcoming 5k? Use this Couch to 5k program to get moving and get ready for our Run Your Heart Out 5k Run, **February 7**. Challenge is FREE for Active Duty, \$5 for all others.

February

MISSION NUTRITION CLASS

A standardized, science-based course **February 4-6**. Classes are focused on improving your nutritional knowledge and awareness. You will learn about a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion. In addition, you learn and practice some of the skills through a variety of experiences such as: workgroups & in-class exercises, take home assignments, and exploring online resources.

March

100-MILE and 500-MILE RUN CLUB

Join our run club and reach 100 or 500 miles from **March 3 through December 15**. Every little bit counts towards your total. Send screenshots once a week or month to be added to our miles tracker posted in the Fitness Center.

SUMMER SHAPE UP

Ten weeks of Fitness and Aquatics classes from **May 3 through June 23**. Get ready for the beach and the Summer fun you have planned. The Fitness Center staff wants to help you get in Summer shape. Stop by the Fitness Center to join this 10-week program.

April

POWERLIFTING MEET

Want to show your power and strength? Powerlifting is the best way. Squat, bench, dead-lift, and your way to the top of the list as well as onto the 500lb/1000lb club list. Meet will be on **April 12**. Registration fee is \$10.

May

ARMED FORCES DAY COMMAND CHALLENGE

Did you enjoy Field Day as a kid? Bring your Command out to participate in our Armed Forces Day Command Challenge on **May 16**. Lets see which command is best. Competitions to include relay race, tug of war, and other fun events.

June

SPRINT TRIATHLON

Swim, Bike, and Run. Meet us at the Aquatic Center for our Sprint Triathlon on **June 14**. This includes a 400M swim, 20k bike, and a 5k Run. Register at the Fitness Center.

July

MISSION NUTRITION CLASS

A standardized, science-based course **July 15-17**. Classes are focused on improving your nutritional knowledge and awareness. You will learn about a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion. In addition, you learn and practice some of the skills through a variety of experiences such as: workgroups & in-class exercises, take home assignments, and exploring online resources.

August

BEAT THE HEAT CHALLENGE

Join us **August 15** at 8:00AM as we beat the heat with a full body challenge at the Football Field. This day will not just be about strength or quickness, but about ALL AROUND fitness. Come show us what you are made of.

September

30-DAY MEAL PREP CHALLENGE

Nutrition is a HUGE part of fitness that we all miss. Lets cook our meals from **September 1-30** and take photos to show our progress to healthier eating.

ROW, BIKE, RUN CHALLENGE

How fast can you row, bike, run? Row 10k, run 10k, and bike 40k from **September 1 through December 15**. Who can finish the fastest? Register at the Fitness Center.

October

PUMPKIN SEEK CHALLENGE

We all love a good pumpkin patch. Hidden around the Fitness Center are mini pumpkins. Find one from **October 1-29** and bring it to the front desk. Our staff will give you the workout that corresponds to your pumpkin. Choose wisely.

POWERLIFTING MEET

Did you miss our April meet? Did you compete in April, but want to improve your numbers? This meet on **October 18** is for YOU. Want to show your power and strength? Powerlifting is the best way. Squat, bench, and dead-lift your way to the top of the list as well as onto the 500lb/1000lb club list. Registration fee is \$10.

HEALTH AND FITNESS EXPO

Come take a peak at the health and wellness businesses that we have assembled for your whole health. Fitness isn't just about working out. It is also about eating well, resting well, and mindfulness. This expo on **October 24** will put you in touch with local businesses that can help in those areas.

November

THANKSGIVING BUILD YOUR WORKOUT CHALLENGE

Visit the Fitness Center from **November 21-27** to build your workout based on what you plan to eat for Thanksgiving Dinner. List for us the food and we will give you the corresponding exercise and reps. Happy Turkey Day!

December

12 DAYS OF CHRISTMAS CHALLENGE

Our Fitness Coordinator LOVES a good "12 Days of Christmas" workout. Come to the Fitness Center from **December 1-24** and receive the exercises and rep for the day. Everyday will be different. On the 12th day, we can put all days together for our 12 Days of Christmas workout.

