

# 2024 FITNESS CALENDAR

OPEN TO ALL WITH BASE ACCESS

FOR MORE INFORMATION, CALL 817-782-7770

[www.navyMWRfortworth.com](http://www.navyMWRfortworth.com)

**January 8 - February 9**

## **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 9.

**March 1 - September 30**

## **RUN ACROSS TEXAS**

Ever wondered how far it is from East Texas to West Texas? 773 MILES to be exact. Join us in running across Texas. Send us a screenshot of your miles to see who is the fastest.

**March - December 30**

## **100-MILE and 500-MILE RUN CLUB**

Join our run club and reach 100 or 500 miles by December 30. 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.

**March 4 - June 21**

## **SUMMER SHAPE UP**

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. It will be BINGO-style. Sign up at the front desk to get your BINGO card.

**April 20**

## **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. \$10 registration

**May 17**

## **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. Lets see which command is best. Competitions to include relay race, tug of war, and other fun events.

**June 15**

## **SPRINT TRIATHLON**

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

**August 16**

## **BEAT THE HEAT CHALLENGE**

Join us 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 1-30**

## **30-DAY COOKING CHALLENGE**

Nutrition is a HUGE part of fitness that we all miss. Lets cook our meals for 30 days and take photos to show our progress to healthier eating.

**October 1-29**

## **PUMPKIN SEEK CHALLENGE 10/1-10/29**

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

**October 18**

## **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 will put you in touch with local businesses that can help in those areas.

**October 19**

## **POWERLIFTING MEET**

Did you miss our April meet? Did you compete in April, but want to improve your numbers? This 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. \$10 registration

**November 1-30**

## **ROW, BIKE, RUN CHALLENGE**

How fast can you row, bike, run? Row 10k, run 10k, and bike 40k before November 30th. Who can finish the fastest? Register at the Fitness Center.

**November 21-27**

## **THANKSGIVING BUILD YOUR WORKOUT CHALLENGE**

Visit the Fitness Center during the week of Thanksgiving 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 1-24**

## **12 DAYS OF CHRISTMAS CHALLENGE**

Our Fitness Coordinator LOVES a good 12 Days of Christmas workout. Come to the Fitness Center 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.

CHALLENGES