

NORFOLK NAVAL SHIPYARD

PHYSICAL READINESS PROGRAMS 2019

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

NOFFS CLASS DATES (THURSDAYS)

January 24 Pillar & Movement Prep
February 7 Nutrition
March 14 Strength
April 11 ESD
May 16 Regeneration
June 13 Nutrition



July 18 Sandbag
August 8 Pillar & Movement Prep
September 19 Strength
October 17 Nutrition
November 14 Regeneration

MISSION NUTRITION CLASS DATES



March 22
November 8



COMMAND FITNESS LEADER COURSE DATES



March 4 - 8
December 2 - 6



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