

NOFFS 2-HOUR LAB



Wednesday | December 17 | 9am & 4:30pm

**All MWR patrons are invited to
become familiar with the NAVY
OPERATIONAL FITNESS AND
FUELING SYSTEM**

The Navy Operational Fitness and Fueling System (NOFFS) guides Sailors, their families, and DoW Civilians on how to physically train safely and effectively. The NOFFS 2-Hour Lab will begin with a brief educational workshop, followed by a strength-focused workout.

**Optimize fitness routines,
promote overall well-being, and
reduce injury risk.**

Registration is encouraged!

Both classes will cover the same material. Choose the time that's best for you.

REGISTER NOW



**Fitness Center
850-623-7412**

