

NOFFS SHORT COURSE

Tuesday | Oct 14th | 10am - 4pm

THE NOFFS SHORT COURSE IS A 6-HOUR SEMINAR AND HANDS-ON TRAINING AT THE MWR FITNESS CENTER, OPEN TO ALL DOD CIVILIANS, ACTIVE DUTY SAILORS, AND MWR FITNESS PROFESSIONALS. IT INTRODUCES THE NOFFS PROGRAM, ITS METHODOLOGY, AND GLOBAL ACCESS TOOLS. SIGN UP AT THE FITNESS CENTER AND MEET US AT AIRDALES!



Fitness Center
850-623-7412