

# NOFFS SHORT COURSE

**Wednesday | February 12 | 10am - 2pm**

The NOFFS Short Course introduces principles of safe and effective exercise and how to write and modify your own fitness programs. The course is facilitated by certified instructors and involves both seminar and practical components

Open to all MWR patrons 18+ Years

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

**REGISTER NOW**



**Fitness Center**  
**850-623-7412**