

NOFFS

Navy Operational Fitness and Fueling System



FUNCTIONAL PERFORMANCE = OPERATIONAL PERFORMANCE

Restore Movement • Train Movement • Fuel Movement

Thursday, May 7, 2026
Time: 10 Am - 10: 30 AM
Location: Fitness Center Group Exercise Room
Pre-register at the Fitness Center by May 6, 2026
For more information, call 961-3164

NOFFS Operational Group Training Orientation will be a 30 minute class held in the Fitness group exercise room focusing on cardio and strength progressions for differing levels of ability using a Fit Kit.



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