

# FITNESS EVENTS

## 2018 CALENDAR

BENEFITS  
OF FITNESSSTRENGTHENS  
MUSCLESTRENGTHENS  
LUNGSREDUCED RISK OF  
HEART DISEASESTRONG  
IMMUNE SYSTEMWEIGHT  
CONTROLIMPROVED  
BLOOD PRESSUREIMPROVED  
BRAIN FUNCTION

### JANUARY

**9<sup>th</sup>** New Year's Resolution Run  
1700 • Fitness Center. All Ages.

**31<sup>st</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### FEBRUARY

**14<sup>th</sup>** Valentine's Day Run  
1700 • Fitness Center. All Ages.

**22<sup>nd</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### MARCH

**16<sup>th</sup>** St Patrick's Day Run 10k/5k  
1730. Location: TBD. All Ages.  
After Party Ages 18+.  
Partnered with Liberty.

**24<sup>th</sup>** 1000/500lb Club  
1000. Ages 18+.

**28<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

**31<sup>st</sup>** Easter Extravaganza / Color Run  
0930. All Ages.  
Registration starts at 0800.

### APRIL

**21<sup>st</sup>** Family Spring Pet Walk  
1000 • Housing Pool. All Ages.

**26<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### MAY

**19<sup>th</sup>** Armed Forces Mud Run  
1000 • La Plaza.  
Ages 10+ under parent supervision.

**26<sup>th</sup>** Housing Pool opens for Summer!!

**30<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### JUNE

**2<sup>nd</sup>** Triathlon  
0900 • Fitness Center. Ages 18+.

**9<sup>th</sup>** 1000/500lb Club  
1000. Ages 18+.

**28<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

**30<sup>th</sup>** Independence day Fest, 5k Run  
0900 • Fitness Center. All Ages.

### SEPTEMBER

**8<sup>th</sup>** Kids Triathlon  
0900 • Housing Pool. Ages 4-17.

**9<sup>th</sup>** Doggy Dash and Splash  
1000 • Housing Pool. All Ages.

**26<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

**29<sup>th</sup>** 1000/500lb Club  
1000. Ages 18+.

### OCTOBER

**11<sup>th</sup>** Breast Cancer 5k Walk/Run  
1700 • Fitness Center. All Ages.

**20<sup>th</sup>** Zombie Run  
2000 • La Plaza. Ages 16+.  
Partnered with Liberty.

**25<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### NOVEMBER

**21<sup>st</sup>** Turkey Trot, 5K  
1200 • Fitness Center. All Ages.

**22<sup>nd</sup>** Thanksgiving day aerobicathlon  
0900

**28<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

### DECEMBER

**1<sup>st</sup>** Jingle Bell Pet Walk  
1000 • Sea View Pines. All Ages.

**15<sup>th</sup>** 1000/500lb Club  
1000. Ages 18+.

**27<sup>th</sup>** Youth Fitness Certifications  
1700 • Fitness Center.

\*July and August, Youth Fitness Certifications by appointment.

