



**NOFFS Operational 8-hour course**  
(One-hour classroom/tools; 6-hours practical applications)

**Thursday, June 20**  
**7 a.m.—3 p.m.**

Learn how to follow the Navy Operational Fitness and Fueling System (NOFFS) in this one-day course. Since the majority of this course will be spent working out, participants are able to learn the correct movement patterns and how to effectively coach each exercise movement in NOFFS. By the end of the day, the students will have a full understanding about NOFFS.

Course will be facilitated by NOFFS certified instructors ONLY.



Email: [alesha.coleman@navy.mil](mailto:alesha.coleman@navy.mil) to register.

