

NOFFS

Navy Operational Fitness and Fueling System



Naval Support Activity Mid-South Fitness Program

1-Day NOFFS Expo

NOFFS Operational Certification Course

Thursday, December 5, 2019

0700-1600 @ N-82 Gymnasium, 7915 Memphis Ave. (Bldg. N-82), Millington, TN.

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.

Register by November 29, 2019 online at: www.navymwrnmidssouth.com/register



Expo held at N-82 Gymnasium.

