



NOFFS SES 2-Hour Certification Courses

Strength | Wednesday, November 13, 2019 | 0800-1000

The Strength Series helps to develop the strength that is needed to perform at the highest levels. There are three training phases within the series intended to progressively build a user's total work capacity and improve cardiovascular fitness. **(Registration deadline: November 8, 2019)**

Endurance | Friday, November 15, 2019 | 0800-1000

The Endurance Series focuses on developing cardiovascular fitness while providing training methods to improve muscular strength. The workouts in this series are designed to assist with breaking through those training plateaus while decreasing injuries. **(Registration deadline: November 11, 2019)**

Sandbag | Wednesday, November 20, 2019 | 0800-1000

The Sandbag Series provides you with a training plan that develops the raw strength and power needed to meet the performance demands placed upon you in any environment. This series progresses through three phases of training. Each phase builds upon the work completed in the previous phase and preparing you for what's to come. **(Registration deadline: November 15, 2019)**

Register at www.navymwrmaidsouth.com/register



**Classes held at
Joe Dugger Fitness Center.**

