

Navy Operational Fitness and Fueling System (NOFFS)



NOFFS

SHORT COURSE

Active-duty Sailors: Learn about the Navy Operational Fitness and Fueling System (NOFFS) and what it can do for you and your shipmates!

NOFFS offers best-in-class physical fitness and nutrition information for all Sailors, allowing the Navy to maintain peak physical readiness.

The NOFFS Short Course educates and trains active-duty Sailors to effectively execute the NOFFS program and pre-designed workouts on an individual or command level.

Tuesday

April 8

May 13

June 10

July 8

Aug. 12

Sept. 9

Oct. 14

Nov. 11

Dec. 9

Support Site Fitness Forum | 8 a.m.-5 p.m.



To register or for more information, email Austin.L.Holmes2.naf@us.navy.mil.
Each class is limited to 10 active-duty sailors.

