Health & Fitness CALENDAR 2008

Event*	Date	Time	Location
Ongoing Fitness Classes			
Women on Weights	Tuesday & Thursday	1700-1800	Rec. Bldg. #89 MWR Weight Room
Group Aerobics	Monday & Wednesday	1130-1230	MWR program, USNA Lejeune Hall
Runs			
Black History 5K	February 23	0900	NSA Annapolis
Independence 5K	July 4	0730	NSA Annapolis
Labor (Day) 5K	August 30	0730	NSA Annapolis
Cold Turkey Trot	November 22	0900	NSA Annapolis
Health/Wellness Classes			
Tobacco/nicotine cessation	Thursdays, January 10-31	1130-1300	Naval Health Clinic Annapolis
Ship Shape	Tuesdays, January 15-March 4 Tuesdays, September 2-October 21	1130-1300	Naval Health Clinic Annapolis
Anger Management	January 14 March 17 May 6 July 17 October 9	0800-1500	Fleet & Family Support Center
Stress Management	February 26 April 9 June 5 September 9	0800-1500	Fleet & Family Support Center
Holiday Stress Seminar	November 11 December 2	0800-1100	Fleet & Family Support Center
Other Events			
Movie: Super-Size Me	February 6	1200-1400 1730-1930	MWR Theater, Rec. Bldg. #89
MWR Health Fair	March 25	1000-1500	
Fit Swim	June-September	1130-1230	MWR Swimming Pools
Breast Cancer Walk	October 9 (rain-date Oct. 23)	1130	Naval Health Clinic Annapolis
Great American Smokeout	November 20		
12 Days of Fitness	December 13-24		MWR Recreation Building #89
Seminars/Training			
Golf Training	February 12	1300-1400	MWR Theater, Rec. Bldg. #89
Softball Training	March 13	1300-1400	MWR Theater, Rec. Bldg. #89
24-Weeks to PRT Success	April 10	1300-1400	MWR Theater, Rec. Bldg. #89
Football Training	July 17	1300-1400	MWR Theater, Rec. Bldg. #89
24-Weeks to PRT Success	October 9	1300-1400	MWR Theater, Rec. Bldg. #89
Basketball Training	October 16	1300-1400	MWR Theater, Rec. Bldg. #89

**** Event dates and times are subject to change;***

for MWR events: 410-293-9211 / 9226; for FFSC events: 410-293-2641;
for Naval Health Clinic Annapolis events: 410-293-1172.

Naval Support Activity Annapolis
U.S. Naval Academy

MWR ANNAPOLIS