

MWR 2012 FITNESS & SPORTS PROGRAM



The goal of the Navy Fitness Program is to create "Fitness for Life" for the entire Navy population, including active-duty Sailors, familymembers, retirees and DoD civilians. Individual and group instruction is available from certified fitness professionals in cardiovascular conditioning, strength training, flexibility and nutrition. Aquatics programming includes lap swimming, lessons and specialty programs, such as water aerobics. Intramural sports programs provide another outlet to promote fitness and establish esprit de corps. Active-duty Sailors and family members can participate in intramural sports programs, such as flag football, softball, basketball, volleyball, soccer and more.

GROUP EXERCISE SCHEDULE

| | MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|-----------|---|---|---|---|--|
| MORNING | TRX CIRCUIT TRAINING 6:15 A.M. AT N-24 INDOOR CYCLING 11 A.M. AT N-24 STEP & SCULPT 11:30 A.M. AT Q-80 FUNCTIONAL FITNESS 11:30 AT MB-43 | CYCLING 6 A.M. AT MB-43 6 A.M. AT CEP-58 GUT CUT 10 A.M. AT N-24 CARDIO PUMP 11 A.M. AT N-24 | TRX CIRCUIT TRAINING 6:15 A.M. AT N-24 INDOOR CYCLING 11 A.M. AT N-24 STEP & SCULPT 11:30 A.M. AT Q-80 FUNCTIONAL FITNESS 11:30 AT MB-43 | WOMEN ON WEIGHTS 10 A.M. AT CEP-58 CARDIO PUMP 11 A.M. AT N-24 ZUMBA 11:30 A.M. AT Q-80 INDOOR CYCLING 11:30 A.M. AT MB-43 | INDOR CYCLING 11 A.M. AT N-24 TRX CIRCUIT TRAINING 11:30 A.M. AT N-24 |
| MIDDAY | CYCLING NOON AT CEP-58 GUT CUT 12:15 P.M. AT N-24 | PRENATAL FITNESS 12:15 P.M. AT N-24 | GUT CUT 12:15 P.M. AT N-24 | PRENATAL FITNESS 12:15 P.M. AT N-24 | |
| AFTERNOON | TRX EXPRESS 5 P.M. AT Q-80 | GENTLE YOGA 4 P.M. AT Q-80 CYCLING 4:30 P.M. AT N-24 AQUA JOG 5 P.M. AT Q-80 | CYCLING 4:30 P.M. AT CEP-58 TAEBO 5 P.M. AT Q-80 | POWER YOGA 4 P.M. AT Q-80 | |

SCHEDULES MAY BE SUBJECT TO CHANGE.

NAVAL STATION NORFOLK FITNESS CENTERS

NSN GYMNASIUM N-24



Location: Gilbert Street
Phone: (757) 444-0629
Hours of operation:
Monday - Friday, 5 a.m. to 8 p.m.
Weekends, 9 a.m. to 1 p.m.
Holidays, 9 a.m. to 1 p.m.

Amenities:

Includes two basketball courts, a group exercise room, weight training cardiovascular equipment and an ab room. Racquetball and tennis courts are located directly behind the gym. Ashore Intramural Sports are played throughout the year at N-24 Gym and McClure Stadium which is also located directly behind the gym. Call 444-7218 for more information on the Ashore Intramural Sports Program or participating in the Spring Soccer League and Volleyball League.

MCCORMICK SPORTS CENTER, BUILDING CEP-58



Location: B Avenue (just inside gate 5)
Phone: (757) 445-4691
Hours of operation:
Monday - Friday, 5 a.m. to 8 p.m.
Weekends, closed
Holidays, closed

Amenities:

Includes two basketball courts, a fitness center with numerous weight training and cardiovascular equipment. Racquetball Courts are located directly behind the gym. The McCormick Sports Center also shares the building with the Sports Medicine clinic operated by Portsmouth Naval Hospital. Afloat Intramural Sports are played year round at the Center and at the softball fields adjacent to the facility. Call 444-4016 for more information on the Afloat Intramural Sports Program or participating in the Summer Basketball and Fall Softball Leagues.

WATERFRONT ATHLETIC COMPLEX, BUILDING Q-80



Location: 1910 Decatur Avenue
Phone: (757) 444-1267
Hours of operation:
Monday - Friday, 5 a.m. to 9 p.m.
Weekends, 1 to 9 p.m.
Holidays, noon to 7 p.m.

Amenities:

Includes an indoor track, basketball court, two racquetball courts, a group exercise room, a fitness center with over 50 pieces of cardiovascular and weight equipment, two outdoor basketball courts and two outdoor tennis courts. Call 444-1232 for more information on participating in the Tennis or Racquetball Ladder Tournaments, the Flag Football League or 30 and Over Basketball League.

EXERCISE YOUR OPTIONS



NAVY FITNESS
STAY HEALTHY ~ STAY FIT ~ STAY NAVY

2012 NAVAL STATION NORFOLK CAPTAIN'S CUP ATHLETIC PROGRAM

| SPORT | COMPETITION TYPE | RULES | MEETING DATE | START DATE | TOURNAMENT DATE |
|-----------------------------------|---------------------|--------|------------------|-------------------|-----------------|
| ASHORE BASKETBALL | League & Tournament | NFSHSA | November 1, 2011 | November 14, 2011 | February 21-23 |
| AFLOAT BASKETBALL | League & Tournament | NFSHSA | November 1, 2011 | November 14, 2011 | February 21-23 |
| 30 & OVER BASKETBALL | League & Tournament | NFSHSA | November 2 | November 14 | February 6-9 |
| RACQUETBALL | Ladder Tournament | AARA | N/A | February 1 | March 30 |
| VOLLEYBALL (Ashore/Afloat) | League & Tournament | USVA | February 21 | March 5 | April 16-19 |
| SPRING SOCCER (Ashore/Afloat) | League & Tournament | FIFA | March 27 | April 9 | June 11-14 |
| ASHORE SPRING SOFTBALL | League & Tournament | ASA | April 10 | April 23 | July 16-19 |
| AFLOAT SPRING SOFTBALL | League & Tournament | ASA | April 10 | April 23 | July 16-19 |
| SUMMER BASKETBALL (Ashore/Afloat) | League & Tournament | NFSHSA | May 15 | May 30 | July 23-26 |
| TENNIS | Ladder Tournament | USLTA | N/A | June 25 | August 31 |
| FLAG FOOTBALL (Ashore/Afloat) | League & Tournament | NIRSA | July 31 | August 13 | October 15-18 |
| FALL SOFTBALL (Ashore/Afloat) | League & Tournament | ASA | August 7 | August 20 | October 1-4 |
| FALL SOCCER (Ashore/Afloat) | League & Tournament | FIFA | September 5 | September 17 | November 12-15 |
| INDOOR SOCCER (Ashore/Afloat) | Tournament | FIFA | TBD | TBD | TBD |

For information on ashore sports, please call 444-2276. For afloat sports, please call 444-4016.
Organizational meetings will be held at the N-24 Gymnasium at 10 a.m. unless otherwise noted.

2012 METRO REGIONAL RUN SCHEDULE

| | | | TRACK YOUR TIMES |
|---------------------------------|--------------|------------------------|------------------|
| St. Paddy's Day 5K | March 16 | Naval Station Norfolk | _____ |
| March Madness 5K | March 21 | Dam Neck | _____ |
| Marine Corps 10K Wilderness Run | March 23 | NSA Northwest | _____ |
| Red, White and Blue 5K | April 4 | Norfolk Naval Shipyard | _____ |
| Spring Fever 5K | April 18 | NAS Oceana | _____ |
| Armed Forces Day 5K | May 17 | NSAHR Norfolk | _____ |
| Run For Glory 5K | June 14 | JEB Little Creek | _____ |
| Summer Fever 5K | June 15 | Cheatham Annex | _____ |
| Run with the Chiefs 5K | August 17 | Naval Station Norfolk | _____ |
| Labor Day 5K | September 5 | JEB Fort Story | _____ |
| Fall Frenzy 5K | September 21 | NWS Yorktown | _____ |
| Pink Ribbon 5K | October 3 | NSAHR Hospital Annex | _____ |
| Fleet Day 8K | October 12 | Cheatham Annex | _____ |
| Pumpkin Patch 5K | October 17 | NAS Oceana | _____ |
| Monster Dash 5K | October 26 | Naval Station Norfolk | _____ |
| Veteran's Day 5K | November 7 | Dam Neck | _____ |
| Turkey Trot 5K | November 15 | NSAHR Norfolk | _____ |
| Army/Navy 10K | December 8 | JEB Fort Story | _____ |
| Reindeer Run 5K | December 14 | JEB Little Creek | _____ |

Dam Neck Annex, 492-6101
Cheatham Annex, 887-7453
Huntington Hall, 688-7553
JEB Little Creek, 462-2399

JEB Fort Story, 422-7052
Naval Station Norfolk, 444-1267
NAS Oceana, 433-2049
Norfolk Naval Shipyard, 967-2500

NSAHR Hospital Annex, 953-7024
NSAHR Norfolk, 836-1810
NSAHR Northwest Annex, 421-8263
NWS Yorktown, 847-7828