



# NOFFS

NAVY OPERATIONAL FITNESS AND FUELING SYSTEM

23 October 25 | 22 January 26 | 23 April 26 | 23 July 26  
Fitness Station (Bldg. 3417)



Empower your sailors to train effectively, safely, and fuel their bodies appropriately using the latest fitness and nutritional resources.

OPEN TO ALL ACTIVE DUTY CFLS AND ASSISTANT CFLS.  
CALL 619-556-7897 TO REGISTER OR  
EMAIL [DEREK.J.SEILER.NAF@US.NAVY.MIL](mailto:DEREK.J.SEILER.NAF@US.NAVY.MIL)



[sandiego.navalifesw.com](http://sandiego.navalifesw.com)

