



★ PIT SHARK TRAINING	📅 1 AUG 9:00 AM	📍 FITNESS CENTER	LEARN HOW TO PROPERLY USE THE PIT SHARK REGISTER VIA EMAIL AT JRBNOLAGYM@US.NAVY.MIL
★ FITNESS 101	📅 15 AUG 11:00 AM	📍 FITNESS CENTER	AN INTRODUCTION TO WEIGHTLIFTING. FOR MILITARY AND DOD CHILDREN, AGES 10 - 14 NO REGISTRATION REQUIRED.
★ NAVY MISSION NUTRITION	📅 19 AUG 8:00 AM - 3:00 PM	📍 BLDG 555 CLASSROOM TBA	NAVY MISSION NUTRITION PROVIDES SAILORS WITH PRACTICAL, EVIDENCE-BASED NUTRITION EDUCATION TO OPTIMIZE PERFORMANCE, SUPPORT MISSION READINESS, IMPROVE BODY COMPOSITION, AND BUILD LIFELONG HEALTHY HABITS REGISTER BY 14 AUGUST AT JRBNOLAGYM@US.NAVY.MIL
★ WEIGHTLIFTING CLUBS	📅 ANYTIME SCHEDULE VIA EMAIL	📍 FITNESS CENTER	JOIN THE ELITE LIFTING CLUB AND EARN OFFICIAL MWR FITNESS CENTER RECOGNITION! AWARDS ARE AVAILABLE FOR COMBINED SQUAT, BENCH PRESS, AND DEADLIFT TOTALS REGISTER ANYTIME AT JRBNOLAGYM@US.NAVY.MIL
★ RACQUETBALL TOURNAMENT	📅 SEASON BEGINS: 10 AUG	📍 FITNESS CENTER	SEASON BEGINS: 10 AUGUST FORMAT: CO-ED OPEN PLAY. SINGLES & DOUBLES. NO COMMAND RESTRICTIONS. OPEN TO ALL ACTIVE DUTY MILITARY, RESERVISTS, RETIREES, ADULT MILITARY DEPENDENTS, AND AUTHORIZED DOW CIVILIAN EMPLOYEES. REGISTER ANYTIME AT WWW.NAVYMWRNEWORLEANS.COM/SPORTS
★ CAPTAIN'S CUP FLAG FOOTBALL	📅 SEASON BEGINS 9 SEP	📍 FITNESS CENTER	FORMAT: CO-ED OPEN PLAY. SINGLES & DOUBLES. NO COMMAND RESTRICTIONS. OPEN TO ALL ACTIVE DUTY MILITARY, RESERVISTS, RETIREES, ADULT MILITARY DEPENDENTS, AND AUTHORIZED DOW CIVILIAN EMPLOYEES. REGISTER ANYTIME AT WWW.NAVYMWRNEWORLEANS.COM/SPORTS
★ POWDER PUFF TOURNAMENT	📅 SEASON BEGINS 10 SEP	📍 FITNESS CENTER	FORMAT: CO-ED OPEN PLAY. SINGLES & DOUBLES. NO COMMAND RESTRICTIONS. OPEN TO ALL ACTIVE DUTY MILITARY, RESERVISTS, RETIREES, ADULT MILITARY DEPENDENTS, AND AUTHORIZED DOW CIVILIAN EMPLOYEES. REGISTER ANYTIME AT WWW.NAVYMWRNEWORLEANS.COM/SPORTS