



2019 Commander Navy Region Northwest COMMAND FITNESS LEADER COURSE

EVERETT NAVAL STATION

2700 W Marine View Drive, Bldg. 1950 Everett, WA 98207

March 18-22, 2019

June 10-14, 2019

NAVAL BASE KITSAP

3700 Ohio St., Silverdale, WA 98315

Oct. 29-Nov. 2, 2018

March 25-29, 2019

June 3-7, 2019

July 29-Aug. 2, 2019

NAS WHIDBEY ISLAND FITNESS CENTER

3755 N. Wasp St. Bldg. 117, Oak Harbor, WA 98278

Oct. 15-19, 2018

Feb. 25-March 1, 2019

May 13-17, 2019

Aug. 12-16, 2019

Register through navyfitness.org

Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual PFA for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

All CFLs must be trained and certified through the five-day Command Fitness Leader Certification Course, which covers the administrative actions and duties of a CFL, basic exercise physiology and nutrition principles, basic PRIMS training, as well as intense, daily gym sessions teaching various methods for exercise programming. Upon the conclusion of this course, CFLs will have the skills, education and motivation to lead the way in establishing and maintaining a culture of fitness for their command and the United States Navy.

TO APPLY FOR THE COURSE, VISIT: www.navyfitness.org/fitness/cfl-information/. Click on "CFL COURSE APPLICATION AND INSTRUCTIONS" on the right of the page, to view registration instructions and fill out the application.

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