



2018 Commander Navy Region Northwest COMMAND FITNESS LEADER COURSE

EVERETT NAVAL STATION

2000 W Marine View Drive, Bldg. 1950 Everett, WA 98207

October 16-20, 2017

February 12-16, 2018

June 18-22, 2018

NAVAL BASE KITSAP

2700 Ohio St., Silverdale, WA 98315

October 30-November 3, 2017

March 26-30, 2018

June 4-8, 2018

July 30- August 3, 2018

NAS WHIDBEY ISLAND FITNESS CENTER

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

October 2-6, 2017

February 5-9, 2018

May 14-18, 2018

August 13-17, 2018

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/ and click on "CFL Application," which brings up the registration on NKO. Click on "CFL Application Process" on the right of the page to view and fill out the application.

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