

FITNESSES EVENTS

PAX RIVER

20
23

JANUARY

- Points 2 Fitness Program (Start)

FEBRUARY

- Pax River Push Pull

MARCH

- St. Patty's 10 Mile Relay

APRIL

- Earth Day/SAPR 5k

MAY

- Team Hero Challenge

JUNE

- Triathlon (Sprint)
- Summer Meltdown Fitness Challenge (Start)

JULY

- Splash Dash

SEPTEMBER

- Team Triathlon (Sprint)

OCTOBER

- Zombie Run
- Night of the Living Deadlift

NOVEMBER

- Pet Walk
- Holiday Weight Maintenance Program (Start)

DECEMBER

- Liftmas a Lifting Party



REGISTER AT THE SPORTS & FITNESS OFFICE.

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