Monday, February 1
Intramural Basketball Tournament

Tuesday, February 16
Over-30 Basketball Tournament

Tuesday, March 16
Racquetball Tournament

Monday, April 19
Intramural Softball League Begins

Saturday, May 29
Pool opens (weekends)

Monday, June 21
Pool opens for season

Tuesday, July 6
Intramural Softball Tournament

Monday, August 2
Intramural Football League Begins

Monday, September 13
Intramural Football Tournament Begins

Thursday, September 23
Tennis Tournament

Monday, November 8
Intramural Basketball League Begins
### January
- 18 – New Year, New You Fitness Challenge
- 21 – NOFFS (Pillar & Movement Prep)
- 25-28 – Health & Fitness Clinics

### February
- 12 – For the Love of Cardio
- 17 – Donuts & Deadlifts
- 25 – NOFFS (Nutrition)

### March
- 1 – NASCAR Cardio Cup
- 1-5 – CFL Class
- 12, 19, 26 – Nutrition Fridays on Facebook
- 18 – NOFFS (Strength)
- 24 – Mission Nutrition

### April
- 1 – Row Challenge
- 22 – NOFFS (ESD)

### May
- 5 – Mother’s Day Appreciation
- 20 – NOFFS (Regeneration)
- 17-21 – Fitness & Sports Challenge
- 29 – Outdoor pool opens for weekends only

### June
- 10 – NOFFS (Nutrition)
- 16 – Father’s Day Appreciation
- 21-27 – Virtual Color Me Awesome Family Fun Run

### July
- 12 – Outdoor Triathlon at Splash Zone Pool
- 22 – NOFFS (Sandbag)

### August
- 2-6 – Hero Honor Ultimate Challenge
- 11 – One-Rep Max Bench Press Contest
- 19 – NOFFS (Pillar & Movement Prep)
- 23 – Hard Hitting Underwater Challenge

### September
- 7 – Outdoor pool closes for the season
- 10 – Remembrance 5K
- 13 – Cardio Bowl
- 16 – Bootcamp Challenge
- 17 – NOFFS (Strength)

### October
- 1, 8, 15, 22, 29 – Pink Friday
- 12 – Burpee Challenge
- 21 – NOFFS (Nutrition)

### November
- 11 – NOFFS (Regeneration)
- 18 – Turkey Tone-Up
- 19 – Mission Nutrition

### December
- 1 – Fitmas Challenge
- 6-10 – CFL Class