

# FITNESS FOCUS: **FEBRUARY** EVENTS



## **LUNCHTIME PICKLEBALL**

**EVERY MONDAY • 11 A.M.-1 P.M.**

Meet at the Basketball Court to relieve workday stress and have fun playing pickleball during lunch.

## **WOMEN'S BASKETBALL LEAGUE**

**BEGINS IN FEBRUARY**

Register at the Dahlgren Fitness Center.

**FREE** (active-duty military/contractor with fitness membership)

**\$15** (dependents/retired military)

**\$30** (DoD civilians)

**\$40** (contractors without fitness memberships/guests)



## **HEART & SOLE 1.5-MILE CHALLENGE**

**FEB. 14 • 11 A.M.**

Come to the Fitness Center and get your heart pumping with this run challenge! Complete fitness challenge obstacles along the 1.5-mile course. Race registration closes at 10:30 a.m. race day.



Register online at

**[www.NavyMWRDahlgren.com/Register](http://www.NavyMWRDahlgren.com/Register)**

**FREE** (active-duty); **\$5** (all others)



VISIT [NAVYMWRDAHLGREN.COM/FITNESS-SPORTS](http://NAVYMWRDAHLGREN.COM/FITNESS-SPORTS)

For more information, call the Dahlgren Fitness Center at 540-653-8580.

