

NAVY REGION NORTHWEST SPORTS, FITNESS & AQUATICS PROGRAM

2021 COMMAND FITNESS LEADER (CFL) COURSE

NAS WHIDBEY ISLAND

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

FEB. 1-5

MARCH 29-APRIL 2

MAY 3-7

AUG. 16-20

NAVAL BASE KITSAP

2700 Ohio St.
Silverdale, WA 98315

FEB. 22-26

APRIL 5-9

SEPT. 20-24

JUNE 7-11

AUG. 2-6

NS EVERETT

2000 W. Marine View Dr., Bldg. 1959
Everett, WA 98207

MARCH 15-19

JUNE 7-11

SEPT. 13-17

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:

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.



Navy health precautions in effect, please bring a face covering with you to this event.



navylifepnw.com



For more information, call:

NASWI: 360-257-2420 • NSE: 425-304-3922

NBK: BANGOR: 360-396-4067 • BREMERTON: 360-476-9415