

Fitness Bingo

Complete as many fitness, aquatics, and sports activities on your bingo card. Once you get a bingo, you win a prize!

Feb. 5
through
April 18

Get your stamps by showing an MWR staff member at the Fitness Center or Base Gym. There is no limit to how many bingos you can win!

ATTEND A YOGA CLASS	DOWNLOAD THE NAVY PFA APP	PARTICIPATE IN THE PUSH-PULL COMPETITION	CLIMB 100 FLIGHTS OF STAIRS ON STAIRMASTER	COMPLETE A BOD POD ASSESSMENT
COMPLETE THE 500/1000 LB CHALLENGE	COMPLETE A FULL-BODY WORKOUT	PARTICIPATE IN THE NAVY RUN ON APRIL 5	ATTEND A HYDROMAX CLASS	DOWNLOAD THE NOFFS APP
PARTICIPATE IN THE VALENTINE'S DAY 5K ON FEB. 7	ATTEND A SPIN CLASS	FREE	ATTEND A MUSCLE MAX CLASS	BRING A FRIEND TO A GROUP EXERCISE CLASS
COMPLETE 3 MINUTE PLANK	MEET W/ DIETICIAN OR ATTEND A MISSION NUTRITION CLASS	ROW 2,000 METERS	PARTICIPATE IN THE LEPRECHAUN DASH ON MARCH 14	PARTICIPATE IN MWR LED COMMAND PT (ACTIVE DUTY ONLY)
TAKE A GROUP EXERCISE CLASS 3 WEEKS IN A ROW	COMPLETE A PARTNER WORKOUT	PLAY BASKETBALL AT THE BASE GYM	COMPLETE MOCK OR OFFICIAL PRT	ATTEND AN HPT CLASS



For questions, call (904) 542-3518.



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