

# 2018 Fitness & Sports Event Calendars

## (2nd Quarter)

### JBSA-FSH

Event	Date	Start Time	Location
Customer Appreciation Day/Fitness Orientation	11 Apr		Jimmy Brought
Life Guard Class #3	1-7-8 Apr	9 a.m. to 5 p.m.	Aquatic Center
Pump & Run (5K run with 1/2 participants body weight is put on bench press and for each rep done 20 seconds is removed from run time)	7 Apr	7 a.m.	Center Post
Water Safety Instructor Class	14, 15, 21, 22 Apr	8 a.m. to 5 p.m.	Aquatic Center
May Fitness Month, Push up/Sit up Competition	1-31 May		METC Fitness Center
Army 10 Miler Qualifier	6 May	7 a.m.	Center Post
Armed Forces Run	12 May	9 a.m.	METC Fitness Center
Zumbathon, 80's theme 2 hour non-stop Zumba®	12 May	9:30 a.m.	Jimmy Brought
Run for the Fallen, 5K Run/Walk	26 May	7 a.m.	Jimmy Brought
Weight Room Triathlon	1 Jun	4:30 a.m. to 8 p.m.	Center Post
Triathlon #1 (200 meter swim, 5 mile bike, 1 mile run)	3 Jun	7 a.m.	Aquatic Center
Swim Lesson Session #1	4 - 15 Jun	9, 10 & 11 a.m.	Aquatic Center
Spin-a-thon, 2 hours non-stop spinning	9 Jun	9:30 a.m.	Jimmy Brought
World Cup Champion Pick-em	13 Jun		METC Fitness Center
1000/500 lbs. Challenge	16 Jun	10:30 a.m.	METC Fitness Center
Doubles Racquetball Tournament	16 Jun	9:30 a.m.	Jimmy Brought
Swim Lesson Session #2	18 - 29 Jun	9, 10 & 11 a.m.	Aquatic Center

### JBSA-Lackland

Commander's Cup Varsity Men Softball Tournament	6 Apr		Ft. Sam Pershing Fields
May Fitness Month Events	1 - 31 May		All Fitness Center
May Fitness Month Run	11 May		Gillum Fitness Center
May Fitness Month Racquetball Tournament	19 May		Chaparral Fitness Center
Military National Basketball Championship Tournament	25 - 28 May		Chaparral Fitness Center
Alpha Warrior Challenge	15 Jun		Medina Fitness Center

### JBSA-Randolph

Customer Appreciation Day	6 Apr	11 a.m. to 1 p.m.	Rambler Fitness Center
JBSA Half Marathon	29 Apr	7:30 a.m.	Heritage Park
Kickoff Marathon Training	22 May	Noon	HAWC Classroom
2-person team 10K Relay Run	2 Jun	7:30 a.m.	Heritage Park