



# Train the Trainer Course For CFLs & ACFLs



## NOFFS Operational Train the Trainer Workshop 2024

*7 Feb 0800-1600*

*22 May 0800-1600*

*2 Oct 0800-1600*

**Meet at the BASE GYM**

This training workshop will teach the CFL or ACFL how to affectively lead a NOFFS Operational Fitness and Fueling System workout for Command PT.



For more information contact the  
Fitness Center @904-542-3518  
To sign up use the QR Code

