

Intramurals	Winter Softball	(Jan-Mar)	Over 30 Basketball	(May-Jul)
	Basketball	(Jan-Mar)	Summer Softball	(Jun-Aug)
	Racquetball	(Feb-Apr)	Dodgeball	(Jun-Aug)
	Soccer	(Mar-Jun)	Over 30 Softball	(Aug-Oct)
	Volleyball	(Mar-Jun)	Bowling	(Sep-May)
	Coed Softball	(Apr-Jun)	Trap & Skeet	(Sep-Nov)
	Golf	(May-Jul)	Flag Football	(Oct-Dec)
	Trap & Skeet	(May-Jul)		

Varsity	Soccer	(Jan-Mar)	Basketball	(Jan-Apr)
	Softball	(Mar-Nov)	Flag Football	(Jan-Nov)
	Volleyball	(Sep-Dec)		

fitness

C E N T E R



Programs Events 2010



January
New Year's Fun Run 5K
Road Bike Race

February
Valentine's Family 5K Fun Run
YOAFF Intro to Parent Child Area
Power-lifting Competition
Women On Weights

March
Commander's Trophy Presentation
1.5 Mile Trail Run
St. Patrick's Day 5K Fun Run
Family "Simon Says"

April
April Fool's Day Fun Run
Free Throw Contest
Dodgeball Tournament
Family Fitness Weekend

May
May Fitness
Bike To Work Week
All Night Softball Tournament
Family 5K Fun Run/Walk

June
Family Summer 5K Fun Run/Walk
Family Fitness Race
Bench Press Competition
Football Skills Tournament

July
Family 4th of July 5K Fun Run
Wallyball Tournament
Flag Football Tournament

August
Triathlon
Back To School Family Fun Run
1.5 Mile Trail Run/Walk with Stations

September
5K Relay Team Challenge
Battle Of The Sexes Fitness Challenge
5K Fun Run/Walk
Family Dodgeball Tournament

October
Fit for Life
Track Relays
Fastest Man/Woman on Base Sprint
Family Trick or Treat 5K Fun Run

November
3-on-3 Basketball Tournament
Ultimate Frisbee Competition
Turkey Trot Family 5K Fun Run

December
Walk Your Way Throught the Holidays
Family Healthy Holidays 5K Fun Run
Holiday Weight Loss Circuit Challenge

Walk Your Way Through the Holidays

30-Minute Mania

Cycle Across America

Walk The Pounds Away in May

Run/Walk Across America

Bike To Work Week

Fit For Life

Incentive Programs At Vandenberg