

Short Fitness Center

2023 SPECIAL EVENTS CALENDAR

JANUARY

MARCHING ON SELMA (54 MI RUN/WALK)
JANUARY 3 - 31, 2023

BIGGEST LOSER
JANUARY 3 - FEBRUARY 28, 2023

FEBRUARY

WING SPORTS DAY
FEBRUARY 2023 (DATE TBD)

I LOVE TO LIFT (WEIGHTLIFTING COMPETITION)
SATURDAY, FEBRUARY 11, 2023

MARCH

3 POINT SHOOT OUT
FRIDAY, MARCH 10, 2023

ST PATRICK'S DAY 5K
THURSDAY, MARCH 16, 2023

APRIL

SPRING 5K/3K WALK
FRIDAY, APRIL 14, 2023

MAY

MAY FITNESS MONTH EVENTS
MAY 1-31, 2023

MEMORIAL DAY 5K
WEDNESDAY, MAY 24, 2023

JUNE

SHOW YOUR PRIDE COLOR RUN
FRIDAY, JUNE 9, 2023

4TH OF JULY 5K
FRIDAY, JUNE 30, 2023

JULY

BIG DAWG POWERLIFTING COMPETITION
SATURDAY, JULY 8, 2023

SEPTEMBER

AF 76TH BIRTHDAY 5K
THURSDAY, SEPTEMBER 14, 2023

OCTOBER

FIGHTING FOR A CURE 5K
THURSDAY, OCTOBER 12, 2023

PICKLEBALL TOURNAMENT
FRIDAY, OCTOBER 27, 2023

NOVEMBER

BEAST MODE LIFTING COMPETITION
SATURDAY, NOVEMBER 4, 2023

THANKSGIVING TURKEY TROT
THURSDAY, NOVEMBER 16, 2023

DECEMBER

SANTA'S HELPER 5K
FRIDAY, DECEMBER 15, 2023

For more information, call the Fitness Center
at 828-4496



GROUP X CLASS SCHEDULE

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON