

2010

12 MONTHS OF FITNESS

JANUARY

- 13 - Push-Up/Sit-Up Challenge
- 15 - Warrior Run

FEBRUARY

- 1-28 - Powerhouse Challenge
- 12 - Valentine's Day 5K Run
- 19 - Warrior Run
- Basketball All-Star Game TBD

MARCH

- 12 - St. Patrick's Day 10K Run
- 17 - Aerobathon
- 19 - Warrior Run
- 31 - Quarterly 100% PT "cream of the crop"

APRIL

- 1 - Palmetto Walk/Run Challenge begins
- 3 - April Fool's ½ Marathon (13.1 miles)
- 16 - Warrior Run
- 23 - Track/Field Events
- Volleyball All-Star Game TBD

MAY

- Full Marathon (26.2 miles) TBD
- 21 - Warrior run
- 27 - Fitness Expo

JUNE

- 1 - Iron Man Challenge
- 1 - Swim Club Begins
- 18 - Warrior Run
- 30 - Palmetto Walk/Run Challenge ends
- 30 - Quarterly 100% PT "cream of the crop"

JULY

- 1 - Appalachian Trail Cycling Challenge
- 16 - Warrior Run
- Softball All-Star Game TBD

AUGUST

- 13 - Poker 5K Run
- 20 - Warrior Run

SEPTEMBER

- 3 - Swim Club ends
- 9 - Amazing race
- 17 - Warrior Run
- 30 - Appalachian Trail Cycling Challenge Ends
- 30 - Quarterly 100% PT "cream of the crop"

OCTOBER

- 1 - I Lifted an F-16 Challenge Begins
- 7 - Viper Challenge
- 15 - Warrior Run
- Football All-Star Game TBD

NOVEMBER

- 18 - Great American Smoke-Out/Turkey Trot
- 19 - Warrior Run

DECEMBER

- 4 - Survivor Challenge
- 15 - Jingle Bell 1.5 Mile Walk/Run
- 17 - Warrior Run
- 31 - Quarterly 100% PT "cream of the crop"