

2025 CALLAGHAN FITNESS CALENDAR

2025 CALLAGHAN SPORTS CALENDAR



January

- 13-17 New Year New You Challenge
- 21 NOFFS Class (Nutrition)
- 29 Health & Fitness Clinics

February

- 5 Donuts & Deadlifts
- 13 Love of Spin Aerobathon
- 18 NOFFS Class (Pillar & Movement Prep)

March

- 1 Nascar Cardio Cup
- 10-14 CFL Course
- 18 NOFFS Class (Strength)
- 27 Mission Nutrition

April

- 1 Row Challenge
- 5 Run Like a Fool 5K/8K
- 15 NOFFS Class (ESD)
- 18 National Squat Day Challenge

May

- 7 Mother's Day Appreciation
- 13 NOFFS Class (Regeneration)
- 24 Pool Opens (Weekends)
- 24 Super Splash Bash & Luau
- 28-29 Fitness & Sports Challenge

June

- 1 Step into Summer Challenge
- 10 NOFFS Class (Nutrition)
- 11 Father's Day Appreciation
- 14 Color Run Block Party
- 18 Customer Appreciation Cookout
- 28 Splash Bash Aqua Family Fun Day

July

- 16 Customer Appreciation Cookout
- 22 NOFFS Class (Sandbag)

August

- 6 Hero Honor Ultimate Challenge
- 9 Back to School Flip Flop Fiesta
- 13 One-Rep Max Bench Press Contest
- 19 NOFFS Class (Pillar & Movement Prep)
- 20 Customer Appreciation Cookout

September

- 1 Cardio Bowl
- 2 Pool Closes for the Season
- 8 Outdoor Triathlon at Splash Zone Pool
- 16 NOFFS Class (Strength)
- 22-26 CFL Course

October

- 3, 10, 17, 24, 31 Pink Fridays
- 7 NOFFS Class (Nutrition)
- 10 National Burpee Day Challenge
- 18 Halloween Hustle 5k & Kids Spooky Shuffle

November

- 4 NOFFS Class (Regeneration)
- 19 Turkey Tone-Up
- 20 Mission Nutrition

December

- 1 Fitmas Challenge
- 10 Flow & Glow Yoga

All dates are subject to change.

Monday, February 10

Intramural Basketball Tournament

Monday, March 3

Over 30 Basketball Tournament

Wednesday, March 19

Dodgeball Tournament

Wednesday, April 16

Pickleball Clinic

Monday, April 21

Intramural Softball League begins

Wednesday, May 14

Women's Pickleball Tournament

Wednesday, May 21

Kickball Tournament

Monday, June 23

Intramural Softball Tournament

Wednesday, July 16

Cornhole Tournament

Monday, August 4

Intramural Flag Football League begins

Monday, September 22

Intramural Flag Football Tournament

Wednesday, October 15

Pickleball Tournament

Monday, November 17

Intramural Basketball League begins

Tuesday, November 18

3-Point Shootout

All dates are subject to change.

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