



Joint Base Lewis-McChord

# TRAINING CENTER

COMPREHENSIVE SOLDIER AND FAMILY FITNESS



**BUILDING RESILIENCE ★ ENHANCING PERFORMANCE**

CALL (253)968-7642 TO RESERVE YOUR SEAT.

## JBLM Training Dates

### LEADER DEVELOPMENT COURSE (40 Hours)

15-19 SEPT 2014

20-24 OCT 2014

17-21 NOV 2014

### PERFORMANCE ENHANCEMENT SEMINAR (8 Hours)

29 OCT 2014

### STUDENT SUCCESS COURSE (8 Hours)

30 OCT 2014

### EXECUTIVE COURSE (8 Hours)

19 AUG 2014

14 OCT 2014

16 DEC 2014

09 SEPT 2014

18 NOV 2014

### EXECUTIVE COURSE (16 Hours)

25-26 AUG 2014

21-22 OCT

17-18 DEC

23-24 SEPT

12-13 NOV

## Websites

JBLM CSF2 Training Center

<http://www.lewis-mcchord.army.mil/csf2.html>

CSF2 Organization

<http://csf2.army.mil>

Army Fit

<https://armyfit.army.mil>