



Command Fitness Leaders (CFL)

For the first time in its history, NSA Souda Bay has two qualified Command Fitness Leader (CFL) Instructors. MWR Fitness Director and MWR Fitness Specialist now have the capability of conducting CFL classes and certifying new CFL who play a vital role in the Physical Readiness Mission. This training opportunity was also a great way to meet the regional Fitness Directors and share ideas about the CFL Programs and other fitness related topics from each installation.

