

2025 Fitness Calendar

DATE	EVENT
25 January	Freezing 5K
3-28 February	In-Lobby Weekly Challenge Pt 1
15 March	St Patty's 3v3 Basketball Tournament
March TBD	Magic the Gathering & Smash Bro Tournament
19 April	Easter 5K
26 April	Powerlifting Competition
5-30 May	In-Lobby Weekly Challenge Pt 2
17 May	Mountain Bike Ride
31 May	Pat Tillman Run
21 June	Mini Triathlon
June TBD	Magic the Gathering & Smash Bros Tournament
1-31 July	In-Lobby Weekly Challenge Pt 3
16 August	Ramstein Half Marathon
11 September	9/11 Remembrance (w/WWP @ Woodlawn)
20 September	Mr & Ms USAFE Bodybuilding Competition
September TBD	Fall Brawl
1-31 October	Fit-Nopoli
25 October	Halloween 5K
October TBD	Magic the Gathering
22 November	Turkey Trot 5K
13 December	Christmas 5K
Events TBD: The Murph Challenge	



2025 Ramstein Intramural Sports

Sport	Start Date	Letter of Intent Open	Letter of Intent Due Date
Basketball	7 January	13 November (2024)	13 December (2024)
Volleyball	11 March	13 January	13 February
Softball	5 May	17 March	18 April
Soccer	8 July	19 May	20 June
Flag Football	1 September	14 July	15 August

**All dates are tentative and subject to change*

E-Sports

- Quarter 1
COD 6
- Quarter 2
Rocket League
- Quarter 3
League of Legends
- Quarter 4
Madden Football

Southside Fitness Center

DSN 480-0294, CIV 06371-47-0294
Monday-Friday: 0500-2100 • Saturday: 0800-1800
Unmanned* on Sunday/Holidays
24/7 access available

Northside Fitness Center

DSN 480-4500, CIV 06371-47-4500
Monday-Friday: 0900-1700
Unmanned* on Saturday/Sunday/Holidays
24/7 access available

Vogelweh Fitness Center

DSN 489-7329, CIV 06315-36-7329
Monday-Friday: 1100-1900
Unmanned* on Saturday/Sunday/Holidays
24/7 access available