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# CFAY

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## CFAY Purdy Gym Opens NOFFS Zone



Photos by Ryo Isobe and MC1 Quinton A. Lee,  
CFAY Public Affairs

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# AROUND CFAY



## CFAY Purdy Fitness Center Now Equipped with the Navy Operational Fitness and Fueling System

**Story by Sheryl Sullivan, CFAY Public Affairs**

**Photos by Ryo Isobe, CFAY Public Affairs**

Commander, Fleet Activities Yokosuka (CFAY), Capt. Jonathan Hopkins cut the ribbon on the installation's new Navy Operational Fitness and Fueling System (NOFFS) zone at Purdy Fitness Center on June 26, 2026, reinforcing the Department of War's renewed emphasis on physical fitness as a cornerstone of warfighter readiness.

The specialized training space is the result of a \$1 million investment by Commander, Navy Installations Command (CNIC) to modernize

shore-based fitness facilities and support the military's focus on building a stronger, more resilient, and combat-ready force through CFAY's Morale, Welfare, and Recreation (MWR) program. The addition marks the latest milestone in Purdy Fitness Center's ongoing transformation, following the facility's transition to 24-hour operations on June 1.

"Physical readiness is directly tied to our operational capability out here in the Indo-Pacific," Hopkins said. "This NOFFS zone provides our Sailors with elite-level training resources right at their fingertips, ensuring that our force remains resilient, lethal, and fully prepared to answer the nation's call at a moment's notice."

The expansion builds upon CFAY's continued commitment to increasing access to fitness resources across the installation. Following the successful transition of Fleet Recreation Center Gym to 24-hour operations in March 2024, Purdy Fitness Center now provides the installation with a second around-the-clock fitness facility, giving Sailors, civilian employees, family members, and other authorized patrons greater flexibility to train whenever their schedules allow.

Following the ribbon-cutting ceremony, Command Fitness Leaders (CFLs) from forward-deployed afloat and ashore tenant commands toured the new zone and tested its human-performance equipment, designed to replicate operational movements, reduce injury risk, and improve the functional fitness required in today's operational environment.



*Fitness Director Mike Motohashi, Deploy Forces Support Division, Morale, Welfare, and Recreation (MWR) onboard Commander, Fleet Activities Yokosuka (CFAY) demonstrates new equipment inside the Navy Operational Fitness and Fueling System (NOFFS) zone in Purdy Gym to command fitness leaders from local area commands. CFAY launched the facility in partnership with CFAY MWR June 26. The NOFFS project provides the Navy with a complete physical fitness and nutrition resource, focusing on optimizing operational physical performance and fueling for Sailors while preserving Navy combat power.*

“This new space isn’t just about lifting weights; it’s about functional fitness tailored specifically to the demands of today’s Sailor,” said Mike Motohashi, CFAY MWR fitness director. “By bringing the NOFFS zone to Yokosuka, we are giving our community the exact tools they need to stay mission-ready, prevent injuries, and perform at their peak.”

Developed by the Navy in collaboration with industry-leading human performance experts, the NOFFS program delivers evidence-based training that develops strength, endurance, agility, mobility, and core stability through exercises that mirror the physical demands of military service. Designed for all fitness levels, the system provides structured, scalable workouts that prepare Sailors for the Navy’s semiannual Physical Readiness Test (PRT), improve performance in operational environments, and support functional fitness training for events such as HYROX and Spartan races.

“Just considering the sheer impact of Fleet Activities Yokosuka being the largest forward-deployed U.S. Navy installation, the number of Sailors that we have here is tremendous,” said Matthew Olszyk, CFAY MWR director. “Fitness centers are always in high demand, so anytime we can open a new facility or bring a new service online, it’s a direct investment in our community.”

To expand the program’s reach across the installation, CFAY MWR also offers NOFFS certification training for personnel interested in leading workouts using the system. Participants complete a one-day operational course instructed by certified MWR fitness professionals, equipping them with the knowledge and skills to safely implement NOFFS training principles. The certification is open to all members of the CFAY community, and those interested in becoming certified are encouraged to contact Purdy Fitness Center for upcoming course dates and registration information.



*Personnel Specialist 1st Class Liz Pafford, with Commander, Fleet Activities Chinhae, tries out new gym equipment inside the Navy Operational Fitness and Fueling System (NOFFS) zone in Purdy Gym onboard Commander, Fleet Activities Yokosuka (CFAY).*

Among the first CFLs to complete the certification was Logistics Specialist 1st Class Liz Pafford, assigned to Commander, Fleet Activities Chinhae.

“This space is going to be utilized every single day,” said Pafford. “There are so many people interested in functional fitness and strength training that this equipment is going to make a real difference.”

The new training zone directly supports the Department of War’s renewed focus on strengthening military readiness through higher physical fitness standards. By emphasizing functional movement, injury prevention, and sustained performance over traditional gym workouts alone, the NOFFS program helps ensure Sailors are physically prepared to meet the demands of operational service whenever called upon.

As the Navy continues to prioritize warfighter development, investments like the NOFFS zone ensure Sailors have access to the training, equipment, and leadership needed to meet the physical demands of service. Through innovative fitness programs and expanded accessibility, CFAY remains committed to building a force that is stronger, more resilient, and always ready to answer the nation’s call.

# Volunteering on the Homefront: Husband-and-Wife Coaching Duo Powers Local Youth Sports

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**Story and photo by AN Lara Llabres,  
CFAY Public Affairs**

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**W**alk past almost any youth sports practice at Fleet Activities Yokosuka, and you will likely see Andrea or Byron Hunt leading from the sidelines. The husband-and-wife duo coaches seven different sports for the Commander, Fleet Activities Yokosuka (CFAY) youth program, providing a critical foundation for community morale and family readiness.

CFAY Youth Sports Director Roshawn Terry emphasized that volunteers like the Hunts form the backbone of the entire organization.

"The impact that Andrea and Byron have on the kids and our program is outstanding," Terry said. "They play a key role in our community because, quite simply, without our volunteer coaches, we cannot have a season."

Managing this demanding schedule requires precision and constant communication. Andrea works as a teacher at The Sullivans School, while



*Andrea and Byron Hunt, volunteer coaches for Commander, Fleet Activities Yokosuka (CFAY) Youth Sports, lead seven different athletic programs on the installation to bolster community morale and support military family readiness.*

Byron serves as the assistant security officer at CFAY. Together, they raise four children while coaching baseball, basketball, soccer, run club, volleyball, flag football, and dodgeball.

During a joint interview, the couple explained how they navigate their overlapping commitments.

"I balance my role as a teacher and a coach by my schedule," Andrea said. "I know there is often a lack of coaches, so being able to volunteer to help them have a team and play means a lot to me."

To make it work, the couple coordinates their coaching days. When one coaches, the other takes care of their children who are not playing that specific sport. Byron acknowledged the sacrifices but highlighted the immediate rewards.

"It is a lot of early mornings and late nights, but it is definitely worth it to get out on the field," Byron said. "Having a support system, my wife and the kids being flexible and coming out to support the team, makes it possible."

Despite the varying tempos of the sports they lead, the Hunts operate as a united front, frequently collaborating on everything from practice drills to parent communication. Their core philosophies prioritize fun, growth, and life lessons over winning.

"It is all about the kids having fun, learning something new, and wanting to engage," Andrea said. "I know there is a lot of competition and a drive to win, but for me, even if we lose, as long as they had a good time, that is all that matters."

Byron echoed her focus but emphasized one specific core value he aims to instill in every player: respect.



**Roshawn D. Terry, Youth Sports Director for Commander, Fleet Activities Yokosuka (CFAY), oversees the installation's athletic programs which rely on the dedication of volunteer coaches to support family readiness**

"Respect for the opponent, respect for the game by following the rules, and respect for themselves to go out there, try, and progress," Byron said. "My goal is for the lessons they learn on the field to carry over into their personal lives."

The Hunts' volunteer work directly supports the readiness of the CFAY active-duty community. By providing a safe, engaging environment for youth,

the coaches offer military parents a valuable mental break and peace of mind.

"It gives parents an opportunity to take a step back, relax, and watch their kid play, have fun, grow, and develop," Byron said. "It gives parents that ease of mind knowing their kid is in a positive environment, allowing them to focus on their other kids or simply not have to worry for a bit."

As the Hunts prepare for upcoming seasons, the youth sports program continues to expand its offerings. Terry announced that CFAY will launch a new summer basketball program this year, creating even more opportunities for community involvement.

For Andrea and Byron, the ultimate reward remains seeing the children return to the fields and courts each season.

If you would like to inquire about becoming a volunteer coach, call 241-2952, or email: [mwr\\_yokosuka\\_youthsports@us.navy.mil](mailto:mwr_yokosuka_youthsports@us.navy.mil)

## Did You Know: Traffic Safety Trivia

A. One-way

B. Left turn ok

C. Turn left

D. Turn left or go straight



Answers: A-3, B-4, C-2, D-1



# Modernized Cooling System to Keep Yokosuka Sailors Training through the Summer Heat

Story by Sheryl Sullivan, CFAY Public Affairs

As Japan's summer heat sets in, patrons at Commander, Fleet Activities Yokosuka's (CFAY) Purdy Fitness Center are training in noticeably cooler air, the payoff of a nearly two-year modernization of the facility's heating, ventilation and air conditioning (HVAC) system.

The modernization was completed in January 2026, followed by months of gradual load testing to confirm the new system could perform reliably under heavy use ahead of the region's most demanding season. With temperatures now climbing, the upgraded system is delivering the consistent climate control the project was designed to provide.

The project, which began in April 2024, marked the first major renovation of the building's HVAC system since the fitness center opened in 2006. Throughout construction, Morale, Welfare and Recreation (MWR) worked to minimize disruptions by temporarily relocating equipment, creating alternate workout spaces and adjusting operations to ensure patrons could continue meeting their fitness goals.

The completed upgrade replaces aging equipment with a modern HVAC system designed to improve

air circulation, temperature control and overall energy efficiency throughout the facility. The improvements also bring the nearly 20-year-old building closer to current building standards while enhancing the overall workout experience for service members, their families and Department of War civilians.

"The completion of this project represents a significant investment in the health and well-being of our community," said Mike Motohashi, CFA Yokosuka MWR athletics and fitness program director. "We appreciate everyone's patience throughout the upgrade process and are excited to welcome patrons back to a fully modernized facility."

The HVAC modernization was part of a broader installation effort to improve aging infrastructure and enhance quality of life across CFAY.

Purdy Fitness Center, remains one of the installation's premier fitness facilities, supporting the physical readiness of Sailors assigned to the U.S. Navy's largest forward-deployed installation while serving military families, civilian employees and other authorized patrons.

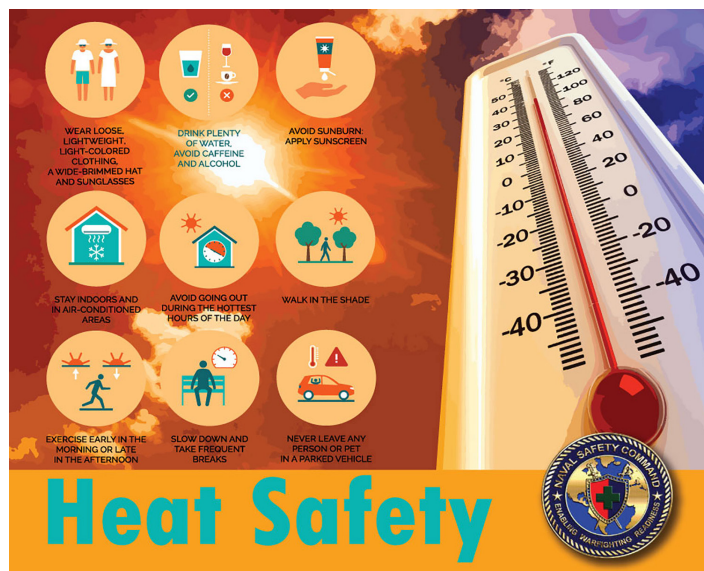
For more information about Purdy Fitness Center, contact the facility at DSN 243-5398.



**ROAD TRIP SAFETY**  
**CHECK YOUR A/C**  
**BEFORE YOU LEAVE**


AS THE TEMPERATURE RISES, YOUR AIR CONDITIONING WORKS HARDER TO KEEP YOUR VEHICLE COOL. CHECK A/C PERFORMANCE BEFORE TRAVELING; DON'T FORGET TO CHECK YOUR CABIN AIR FILTER.

A LACK OF AIR CONDITIONING ON A HOT SUMMER DAY AFFECTS EVERYONE AND IS PARTICULARLY DANGEROUS FOR PEOPLE IN POOR HEALTH OR WHO ARE SENSITIVE TO HEAT, SUCH AS CHILDREN AND OLDER ADULTS.



**Heat Safety**

- WEAR LOOSE, LIGHTWEIGHT, LIGHT-COLORED CLOTHING, A WIDE-BRIMMED HAT AND SUNGLASSES
- DRINK PLENTY OF WATER. AVOID CAFFEINE AND ALCOHOL.
- AVOID SUNBURN. APPLY SUNSCREEN.
- STAY INDOORS AND IN AIR-CONDITIONED AREAS.
- AVOID GOING OUT DURING THE HOTTEST HOURS OF THE DAY.
- WALK IN THE SHADE.
- EXERCISE EARLY IN THE MORNING OR LATE IN THE AFTERNOON.
- SLOW DOWN AND TAKE FREQUENT BREAKS.
- NEVER LEAVE ANY PERSON OR PET IN A PARKED VEHICLE.





# BEYOND THE GATE



## Shonan Hiratsuka Tanabata Festival

July 3 (Friday) - 5 (Sunday)

10 a.m. to 8 p.m. (Until 7 p.m. on July 7) | Around JR Hiratsuka Station (2-minute walk from JR Hiratsuka Station, JT-11)

The Shonan Hiratsuka Tanabata Festival is held for three days from Friday to Sunday in early July of every year. It is said to be one of the biggest tanabata festivals in Japan, and its big, gorgeous bamboo decorations are famous as the best in Japan. The festival is also famous for its vast amount of food booths which allow you to enjoy a wide variety of gourmet food during the celebrations.

## Kamakura Fireworks Festival

July 10 (Friday)

7:20 to 8:10 p.m. | Yuigahama Beach (7-minute walk from Enoden Yuigahama Station, EN-13/20-minute walk from JR Kamakura Station, JO-07)

The Kamakura Fireworks Festival is a distinctive event that reflects the historic atmosphere and refined character of the ancient city of Kamakura. Highlights include spectacular large-shell fireworks, breathtaking starmines, and the festival's famous underwater fireworks, which spread out in elegant fan-shaped displays across the sea. We hope you enjoy this unique celebration of summer in Kamakura.



## Yokohama Tanabata Festival

July 4 (Saturday) - 5 (Sunday)

10 a.m. to 9 p.m. | Rinko Park/Exhibition Hall B, Pacifico Yokohama (7-minute walk from Minato-Mirai Line Minato-Mirai Station, MM-03)

This event is one of the largest Tanabata festivals in Yokohama. Visitors can enjoy traditional Tanabata decorations and wish-making activities, as well as a food area featuring some of Yokohama's best local cuisine. The festival also offers live stage performances, hands-on workshops for children, and classic festival games, making it a fun and memorable experience for visitors of all ages. <https://yokohama-tanabata.com/#>



## Kurihama Perry Festival

July 11 (Saturday)

10 a.m. to 8 p.m. | Throughout the Kurihama Area (1-minute walk from Keikyu Kurihama Station, KK-67, 5-minute walk from JR Kurihama Station, JO-01)

Kick off the summer season with Yokosuka's earliest grand display of fireworks (Kurihama Beach, 7:30 to 8 p.m.). There will also be a wide variety of festivities such as the Kurihama Parade, stage events, Yokosuka Kaikoku Bazaar (Kurihama Shopping Street), and Commodore Perry's Landing Ceremony (Perry Park, 10:30 to 11:30 a.m.).

# NEWS AND NOTICES

## STUDENT SPORTS PHYSICALS

DoWEA student-athletes, get ready for the upcoming sports season! U.S. Naval Hospital (USNH) Yokosuka will host a Sports Physical Day on July 22 to help students complete the physicals required for participation in DoWEA-sponsored athletics.

- July 22, from 2:30 to 4:30 p.m.

- USNH Yokosuka Pediatric Clinic

Appointments are open to TRICARE beneficiaries and Space-Available patients.

Before your appointment:

- Complete all required sports physical paperwork.

- Unaccompanied minors age 14 and older must have parental consent on file to be seen without a parent or guardian present.

To schedule an appointment, call 243-5352. Don't wait until the last minute, secure your appointment early and make sure you're ready for the first day of practice.

## PARTNERSHIP COUNCIL

Want to effect change and be a part

of healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings.

- July 7 from 11:45 a.m. to 12:45 p.m. in the Naval Hospital's Command Auditorium, 3<sup>rd</sup> floor.

If there is a specialty or any medical personnel you are hoping to meet, please let us know so we can try our best to ensure attendance. You can also send in questions beforehand to our distro email:

[dha.yokosuka.yokosuka-nh.list.pfpc@health.mil](mailto:dha.yokosuka.yokosuka-nh.list.pfpc@health.mil)

## CONSTRUCTION AND CLOSURES

**Yokosuka:** 1st Avenue partial road closure from 8 a.m. to 5 p.m., July 6 - Aug. 10 for asphalt repair.

- Howard Street partial road closure required to facilitate crane work to unload materials from 9 a.m. to 3 p.m., July 6 - Sept. 30.

- Two partial road and one parking

lot closure between Main Street Food Court and the NEX Home Gallery is scheduled Saturday, June 6 continuing through the fall of 2026 for construction of the new bowling center and food court.

- Howard Street partial road closure from 9 a.m. to 3 p.m. until June 30.

- Clement Street partial road closure from 7 p.m. to 4 a.m., until July 3.

- High traffic lane modification from 5 to 8:30 a.m. Outbound traffic merges into one lane in front of the CPO Club. Inbound traffic will shift to the two middle lanes creating a two lane inbound pattern in front of Bldg. 1997.

- Partial Road Closures are required for cleaning of CHT lines at various locations on base. Two-Way Traffic will be maintained through flagmen.

- The parking lot in front of Afloat Training Group Western Pacific is secured through 2027 in support of the Navigation, Seamanship and Shiphandling Trainer construction.

**Ikego:** Imattumi Road partial closure for general excavation work until Dec. 30.

## American Red Cross Classes

### CPR Training, Basic Life Support, and Babysitting Basics

All classes are blended learning classes. Classes may be added based on community need and instructor availability. Enroll today!

#### CPR/AED/First Aid Course (\$18)

- Monday, July 6. 9:30 a.m.-1 p.m.
- Saturday, July 18, 9 a.m.-1 p.m.

#### Basic Life Support (\$12)

- Thursday, July 9, 8 a.m.-6 p.m.

#### Babysitting Basics/Pediatric CPR (\$18)

- Thursday, July 9, 8 a.m.-6 p.m.

### American Red Cross holiday hours

- Friday, July 3 (Observed Holiday): Closed
- Saturday, July 4: Closed
- Sunday, July 5: Closed
- Monday, July 6: Normal hours, 8 a.m.-4 p.m.

To register, email: [Yokosuka@redcross.org](mailto:Yokosuka@redcross.org) with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course.

 Commander Fleet Activities Yokosuka

 @CFAY\_Japan

 cfay-information@us.navy.mil

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