

EVENING FITNESS

TUES - THUR - 1700-1750



INDOOR CYCLING - max 40

Location: Cycling Studio

6 February

Every Tuesday

THURSDAYS:

Alternates between Circuit Training and Yoga.



CIRCUIT TRAINING - max 30

Location: Pad C

8, 22 February

7, 21 March

4, 18 April



YOGA - max 25

Location: Combat Room

15, 29 February

14, 28 March

11, 25 April

Retired military, military spouses, Ordinary members and Associate members must register and complete a medical questionnaire prior to participating in any class. Registration is valid for 6 months. Military has Priority.

CAF - FREE with ID

Retired military & Military spouses - \$5

Ordinary - \$5

Associate - \$7

