

# NOON FITNESS

1200 - 1245 hrs

24 SEPTEMBER TO 30 NOVEMBER  
2025



NO CLASS ON 1, 3, 13, 24  
OCTOBER & 11 NOVEMBER 2025

Monday	• Circuit Training and Skating
Tuesday	• Indoor Cycling and Skating
Wednesday	• Yoga
Thursday	• Circuit Training and Skating
Friday	• Mobility and Flexibility and Skating

Serving **CAF members** must show their ID card at our Front Desk and obtain an orange program card.

**Retired military, military spouses and DND/NPF staff** must have a **valid PSP Plan** and have completed the required paperwork prior to attending a class. **Classes are free** and participants must obtain a yellow program card from the front desk, before attending a class. Paperwork must be updated every 6 months.

The program card must be given to the Fitness and Sports Instructor at the start of each class.