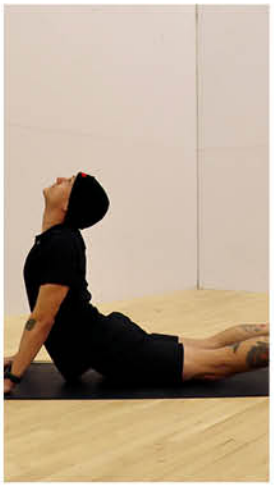
Noon Fit

Sept to Dec 2026
Timing 1200-1245




M	T	W	T	F
Monday	Tuesday	Wednesday	Thursday	Friday
Lower Body Strength Learn to lift with a strength session focused on building power and stability in your legs and glutes using simple, effective resistance-based movements.	**Spin** A fun, high-energy workout that combines motivating music and guided intervals to improve cardiovascular fitness, and endurance. Suitable for all fitness levels.	**Upper Body Strength** Learn to lift with a focused strength training session targeting the arms, shoulders, chest, and back using controlled, effective resistance based movements to build power and stability. FORCE Practice	**Yoga/Mobility** A gentle, restorative session that combines guided stretching, controlled movement, and mindful breathwork to improve flexibility, mobility and overall body balance.	**Conditioning** A high energy class designed to boost your cardiovascular fitness through a mix of dynamic, cardio movements. Expect a fun, fast paced workout that improves endurance and cardiovascular system.

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.