



"SULIAKAKATIGEJUT"
WORKING TOGETHER
IN INUKTITUT



P.O. BOX 190 BLDG 399
GOOSE BAY, NL
A0P 1C0

PHONE: 709-896-6900 X7708
PSPGOOSEBAY@GMAIL.COM
FACEBOOK: 5 WINGFITNESS,
SPORTS & RECREATION
EVENTS



**5 WING
GOOSE BAY
FITNESS,
SPORTS &
RECREATION
CENTER**

**PROGRAM
GUIDE**



Gym Hours:

Monday - Friday

0600-2100hrs

Weekends/Holidays

1000-1700hrs



PERSONNEL SUPPORT PROGRAMS

Programs

FITNESS:

HIGH INTENSITY CIRCUIT TRAINING FOCUSING ON DEVELOPING ALL COMPONENTS OF FITNESS AND UNIVERSALITY OF SERVICE.

FORCE TRAINING – THIS TRAINING FOCUSES ON THE SPECIFIC ASPECTS OF THE FORCE EVALUATION.

SPECIALTY TRAINING – PERSONAL/GROUP TRAINING AVAILABLE UPON REQUEST & BASED ON AVAILABILITY.

MILITARY SPORTS & REC LEAGUES - MILITARY, DEFENCE TEAM AND DEPENDANTS 16+ HAVE PRIORITY IN CLASSES

**LUNCHTIME SPORTS:
MONDAY-FRIDAY 1200-1300H**

RECREATION CLUBS

**ARCHERY CLUB – CAPT. CHRISTINA KING X2121
WOOD HOBBY – CPL. CAMERON BYWATER X7915
AUTO HOBBY – CPL ERIC ROY X7915**

INDOOR FACILITIES

ARCTURUS THEATRE, GYMNASIUM, SQUASH COURTS, FITNESS CENTER, CANUCK CLUB ALL RANKS MESS

OUTDOOR FACILITIES

SOFTBALL DIAMOND, SOCCER FIELDS, GOLF COURSE, OUTDOOR HOCKEY RINK

EQUIPMENT AVAILABLE FOR LOAN

CANOEES, KAYAKS, CROSS COUNTRY (SKIS, BOOTS, POLES), SNOWSHOES, MOUNTAIN BIKES, GOLF CLUBS, HOCKEY EQUIPMENT & MORE.

Facility



SPACIOUS WEIGHT ROOM OFFERING A VARIETY OF FREE WEIGHTS AND MACHINES + HEAVY LIFTING ROOM WITH PLATFORMS

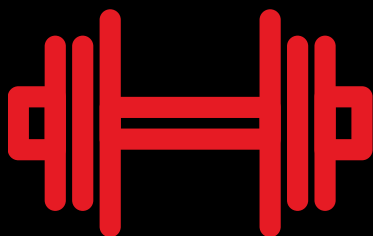


CARDIO ROOM: TREADMILLS, BICYCLES, SPINNERS, ROWERS, ELLIPTICALS AND STAIRMASTER MACHINES.



GYMNASIUM: VOLLEYBALL, BADMINTON, BASKETBALL, SOCCER AND MORE. EQUIPMENT AND BOOKINGS AVAILABLE AT THE MAIN OFFICE. (UNDER RENOVATION)

SQUASH COURTS & SAUNA AVAILABLE FOR BOOKING.



Staff

**SENIOR PSP MANAGER
CYRIL BRENNAN X6434**

**DEPUTY PSP MANAGER
ADAM CULL X7374**

**FACILITIES COORDINATOR
MARY BYRNE X7904**

**FACILITIES & STORES ASSISTANT
JAMES WINTERS X7708**

**FITNESS, SPORTS, & RECREATION COORDINATOR
COLIN DUFFETT X3635**

**MESS MANAGER CANUCK CLUB
STEPHANIE DION X7374**

**ARCTURUS THEATER SUPERVISOR
GEMMA RICHE X7767**

**FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS BROCHURE PLEASE CONTACT
896-6900 X7708.**