



Noon-Hour Fitness Classes

Contact List:

Community Recreation	x271-3996
Fitness Coordinator	x271-8737
Fitness Office	x271-8747

January 2026

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	5-Jan		6-Jan		7-Jan		8-Jan		9-Jan	
1200-1300	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
					Spin Spin Area					
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	
Week 2	12-Jan		13-Jan		14-Jan		15-Jan		16-Jan	
1200-1300	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Mind-Body Spin Spin Area				Spin Spin Area					
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	
Week 3	19-Jan		20-Jan		21-Jan		22-Jan		23-Jan	
1200-1300	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Mind-Body Spin Spin Area				Spin Spin Area					
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	
Week 4	26-Jan		27-Jan		28-Jan		29-Jan		30-Jan	
1200-1300	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Mind-Body Spin Spin Area				Spin Spin Area					
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	

Mind-Body Spin Class

The music in this group cycling class will motivate you differently and give your ride the mind-body-spirit connection you are looking for too. A great cardio session without top 40 radio hits.

Spin

This class focuses on developing aerobic capacity through high intensity work. Come ready to work hard, and sweat even harder.