



# Noon-Hour Fitness Classes

### Contact List:

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

## JUNE 2026

Day	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b>			1-Jul	2-Jul	3-Jul	
1200-1300			Canada Day	Conditioning HMS		
Military Drop-In Sports 1200-1300				Lane Swim Pool	Moga Room 105	
				Ultimate Dome	Basketball SAM #2	Soccer Dome
<b>Week 2</b>	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS		
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome	Pickleball SAM #1 + 2
<b>Week 3</b>	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS		
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome	Pickleball SAM #1 + 2
<b>Week 4</b>	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS		
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome	Pickleball SAM #1 + 2
<b>Week 5</b>	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS		
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome	Pickleball SAM #1 + 2