



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
Week 1	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105	Lane Swim Pool	Foam Rolling / Mobility Room 105	Lane Swim Pool	Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome
					Pickleball SAM #1 + 2
Week 2	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	Cannonball Crush NO CLASSES TODAY
	Moga Room 105	Lane Swim Pool	Foam Rolling / Mobility Room 105	Lane Swim Pool	
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome
					Pickleball SAM #1 + 2
Week 3	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105	<i>No pool this week ongoing course</i>		Foam Rolling / Mobility Room 105	<i>No pool this week ongoing course</i>
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome
					Pickleball SAM #1 + 2
Week 4	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
1200-1300	Strength HMS	Conditioning HMS	NO PSP-LED CLASSES TODAY	Conditioning HMS	
	Moga Room 105	Lane Swim Pool		Lane Swim Pool	Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	Soccer Dome
					Pickleball SAM #1 + 2
Week 5	29-Jun	30-Jun			
1200-1300	Strength HMS	Conditioning HMS			
	Moga Room 105	Lane Swim Pool			
Military Drop-In Sports 1200-1300	Soccer Dome	Pickleball SAM #1 + 2	Ultimate Dome	Basketball SAM #2	