



# Noon-Hour Fitness Classes

**Contact List:**

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

## MAY 2026

Day	Monday		Tuesday			Wednesday			Thursday			Friday	
<b>Week 1</b>	4-May		5-May			6-May			7-May			8-May	
1200-1300	Strength HMS		Conditioning HMS			Strength HMS			Conditioning HMS			RMC Convocation (no access to Field House, SAM, Moga)	
			Lane Swim Pool						Lane Swim Pool				
	Moga Room 105					Moga Room 105							
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Ultimate Dome	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Ultimate Dome	Shinny Arena				
<b>Week 2</b>	11-May		12-May			13-May			14-May			15-May	
1200-1300	Strength *weight room		Conditioning *cardio room			Strength *weight room			RMC Convocation (no access)			RMC Convocation (no access to Field House, SAM, Moga)	
			Lane Swim Pool										
	Moga *karate room					Moga *karate room							
Military Drop-In Sports 1200-1300	Soccer Dome	Shinny Arena	*no basketball	Ultimate Dome		Soccer Dome							
<b>Week 3</b>	18-May		19-May			20-May			21-May			22-May	
1200-1300	VICTORIA DAY		Conditioning *cardio room			Strength HMS			Conditioning HMS				
			Lane Swim Pool						Lane Swim Pool				
						Moga Room 105						Moga Room 105	
Military Drop-In Sports 1200-1300			*no basketball	Ultimate Dome		Soccer Dome	Basketball SAM Gym (2)	Ultimate Dome		Soccer Dome			
<b>Week 4</b>	25-May		26-May			27-May			28-May			29-May	
1200-1300	Strength HMS		Conditioning HMS			Strength HMS			Conditioning HMS				
			Lane Swim Pool						Lane Swim Pool				
	Moga Room 105					Moga Room 105						Moga Room 105	
Military Drop-In Sports 1200-1300	Soccer Dome		Basketball SAM Gym (2)	Ultimate Dome		Soccer Dome	Basketball SAM Gym (2)	Ultimate Dome		Soccer Dome			

\*please note classes and have moved due to FH and Room 105 closure with RMC Convocation

\*basketball will unfortunately be cancelled on the 12th and 19th of May due to closure with RMC Convocation