

Noon-Hour Fitness Classes

Contact List:

Community Recreation x3996

Fitness Coordinator x8737

Fitness Office x8747

KINGSTON								Fitness Office		x8747
				FEBRU	JARY 202	25				
Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	3-Feb		4-Feb		5-Feb		6-Feb		7-Feb	
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena
Week 2	10-Feb		11-Feb		12-Feb		13-Feb		14-Feb	
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Po	ool
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena
Week 3	17-Feb Lane Swim		18-Feb Lane Swim		19-Feb Lane Swim		20-Feb Lane Swim		21-Feb Lane Swim	
1200-1300	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning		FC	101
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena
Week 4	24-	Feb	25-	Feb	26-	Feb		Feb	28-	Feb
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena

 $[\]boldsymbol{^*}$ Please note that a minimum of 3 particpants is required to operate a class.