



Noon-Hour Fitness Classes

Contact List:

Community Recreation	x3996
Fitness Coordinator	x8737
Fitness Office	x8747

JANUARY 2025

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga 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
Week 2	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga 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
Week 3	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga 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
Week 4	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga 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

* Please note that a minimum of 3 participants is required to operate a class.