



# Noon-Hour Fitness Classes

## Contact List:

Community Recreation	x3996
Fitness Coordinator	x8737
Fitness Office	x8747

## JULY 2025

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
1200-1300	Strength HMS	CANADA DAY	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome		Soccer Dome	Basketball SAM Gym (2)	Soccer Dome
Week 2	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome
Week 3	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome
Week 4	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome
Week 5	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
1200-1300	Strength HMS	Conditioning HMS	Strength HMS	Conditioning HMS	
	Moga Room 105		Moga Room 105		Moga Room 105
Military Drop-In Sports 1200-1300	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome