



# Noon-Hour Fitness Classes

### Contact List:

Community Recreation	x3996
Fitness Coordinator	x8737
Fitness Office	x8747

## SEPTEMBER 2024

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>2-Sep</b>	<b>3-Sep</b>	<b>4-Sep</b>	<b>5-Sep</b>	<b>6-Sep</b>
1200-1300	<b>LABOUR DAY</b>	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
		Conditioning HMS	Strength HMS	Conditioning HMS	
			Moga Room 105		Moga Room 105
Military Sports 1200-1300		Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome
Military Sports 1300-1400					Boxing Fitness Boxing Corner/HMN
<b>Week 2</b>	<b>9-Sep</b>	<b>10-Sep</b>	<b>11-Sep</b>	<b>12-Sep</b>	<b>13-Sep</b>
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 CANCELLED
Military Sports 1200-1300	Volleyball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)
Military Sports 1300-1400					Boxing Fitness Boxing Corner/HMN
<b>Week 3</b>	<b>16-Sep</b>	<b>17-Sep</b>	<b>18-Sep</b>	<b>19-Sep</b>	<b>20-Sep</b>
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 Sports 1200-1300	Volleyball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)
Military Sports 1300-1400					Boxing Fitness Boxing Corner/HMN
<b>Week 4</b>	<b>23-Sep</b>	<b>24-Sep</b>	<b>25-Sep</b>	<b>26-Sep</b>	<b>27-Sep</b>
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 Sports 1200-1300	Volleyball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)	Soccer Dome	Basketball SAM Gym (2)
Military Sports 1300-1400					Boxing Fitness Boxing Corner/HMN

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