

Winter Noon Fitness Program

January 8 - March 30 | 12:00-12:45

Open to all fitness levels!!!

NO CLASSES: Friday, March 23 & 30 (Good Friday)



Indoor Cycling – Monday & Wednesday

Using various class profiles, you will work your heart, lungs and lower body.



Wellness Warriors – Tuesday & Friday

Whether you seek weight loss, strength or endurance, these fun and energetic exercise circuits will challenge your fitness and help you reach your goals.



Yoga – Thursdays

Sequential movements are woven together through various postures to form a continuously flowing class. This class will challenge you to unlock your inner strength.

Serving CAF members must show their ID card to Gym Attendants to obtain an orange pass, which will be given to the Fitness and Sports Instructor at the start of each class.

Retired Military, Military Spouses and DND/NPF staff must register for the Noon Fitness program prior to participating in any class. Registration is FREE and valid for 6 months. You can register at the Community Recreation Kiosk. Afterwards, participants must simply obtain a yellow pass before attending each class.

DND/NPF employees must register before attending any of the above fitness programs prior to their first class. Registration is FREE and can be completed at the Community Recreation Kiosk or through a Fitness and Sports Instructor.



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