

# Summer & Fall Noon Fitness Program

**2 July – 18 December | 1200 –1245 hrs**

**Cancellations:** Monday, 1 July (Canada Day) · Monday, 5 August (Civic Holiday)  
Monday, 2 September (Labour Day) · Friday, 27 September (Sports Day)  
Monday, 14 October (Thanksgiving Day) · Monday, 11 November (Remembrance Day)  
Open to all fitness levels!



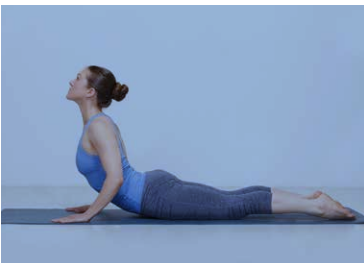
## Indoor Cycling – Monday, Wednesday & Friday

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 - Tuesday & Thursday

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

**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.



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