



WHAT'S NEW??

Pardon our appearance throughout the month of November! The gymnasium will be getting a fresh coat of paint. The weight room and stage area will not be effected. Pod 1 and 2 is now combined into pod #1 (Circuit, stretch and cardio) and has increased capacity. Please keep an eye out for notices on closures. In the weight room, new equipment is coming soon. We are looking to fill in gaps in the near future.

Windy Plains Community Rink! We are looking for volunteers to help maintain the rink over the winter. Contact Georgia or Kira for more information.

RV Storage! Looking for a spot to hold your trailer during the winter? We have spots available. Contact Sam to reserve your spot.

Force Tests! Because of the ongoing precautions, there is not an immediate need to complete a Force Evaluation. However, if you need one because deployment or a course, please contact Kira. We will also be offering practice sessions for those who want to do so. Please stay tuned for more information.

Gym

Closures

Nov. 11 (all day) &

Nov. 21 @ 1245

EVENTS

November 21– Free World Child Day Camp

December 12– Christmas Day Camp

Location: Gymnasium *More info to follow

Contests

-Top participation in fitness classes

-Top user of the gym (Most check ins at the gym)

*Prizes for top finisher in each contest

FITNESS CLASS SCHEDULE

MONDAY & WEDNESDAY
CIRCUIT @1200

THURSDAY–
SPIN @ 1600

FRIDAY—
CORE AND
STRETCH @0800

CONTACT US!

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GYM HOURS (As of Nov. 1st)

Monday to Friday 0800 - 2000

Saturday 1000– 1400

Sunday Closed

Clubs Corner

RGAs– Outdoor range is open! Email

dundurnrgaclub@gmail.com

Wood/Auto Hobby– Open for Military and DND Employees. Contact Sam for more info.

Saddle– We are looking for a military president. No horse required.

Email Georgia if interested.