

Fall

# NOON FITNESS

Open to serving CAF members of  
all fitness levels

**5 OCTOBER TO  
18 DECEMBER**

**FROM 1200 - 1245 HRS**

**CANCELLATIONS:**

- 12 OCTOBER (THANKSGIVING)
- 11 NOVEMBER (REMEMBRANCE DAY)



## MOBILITY **Mondays**

Whether you are seeking an active recovery session or inching your way towards increased movement range and comfort, these sessions will help!

## FORCE FITNESS **Tuesdays/Thursdays**

These sessions will challenge specific movement patterns, energy systems and muscle groups to promote success on your annual FORCE Evaluation while supporting the Universality of Service principle



## YOGA **Wednesdays**

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

## WEEKLY WOD **Fridays**

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



**NO  
DROP-INS** ] Participants must register at  
<https://bkk.cfmws.com/bordenpub/account/index.asp>