

# Winter Noon Fitness Program

**January 2 - March 30 | 12:00-12:45**

Open to all fitness levels!!!

**NO CLASSES:** March 8 (INT Women's Day)

April, 19 and 22 (Good Friday & Easter Monday)



## Indoor Cycling – Mon, Wed & 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 & 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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