

NOON FITNESS

1200 - 1245 hrs

1 DECEMBER 2025 TO 28 February
2026



NO CLASS ON 24, 25, 26, & 31 Dec
and 1 Jan

Monday	• Circuit Training and Skating
Tuesday	• Indoor Cycling and Skating
Wednesday	• Yoga
Thursday	• Circuit Training and Skating
Friday	• Mobility and Flexibility

Serving **CAF members** must show their ID card at our Front Desk and obtain an orange program card.

Retired military, military spouses and DND/NPF staff must have a **valid PSP Plan** and have completed the required paperwork prior to attending a class. **Classes are free** and participants must obtain a yellow program card from the front desk, before attending a class. Paperwork must be updated every 6 months.

The program card must be given to the Fitness and Sports Instructor at the start of each class.