



Gym Hours:

Monday – Friday

0600–2100hrs

(Spring-Late Fall)

0700–2100hrs

(Late Fall-Spring)

Weekends/Holidays

1000– 2000hrs



"SULIAKAKATIGEJUT"
WORKING TOGETHER
IN INUKTITUT



P.O. BOX 190 BLDG 399

GOOSE BAY, NL

A0P 1C0

PHONE: 709-896-6900 X7708

5WINGFITNESSCENTRE@CFMWS.COM

**FACEBOOK: 5 WINGFITNESS,
SPORTS & RECREATION
EVENTS**



5 WING GOOSE BAY FITNESS, SPORTS & RECREATION CENTER

PROGRAM GUIDE



A division of CFMWS
Une division des SBMFC

PERSONNEL SUPPORT PROGRAMS

Programs

FITNESS:

HIGH INTENSITY CIRCUIT TRAINING FOCUSING ON DEVELOPING ALL COMPONENTS OF FITNESS AND UNIVERSALITY OF SERVICE.

FORCE TRAINING - THIS TRAINING FOCUSES ON THE SPECIFIC ASPECTS OF THE FORCE EVALUATION.

SPECIALTY TRAINING - PERSONAL/GROUP TRAINING AVAILABLE UPON REQUEST & BASED ON AVAILABILITY.

MILITARY SPORTS & REC LEAGUES - MILITARY, DEFENCE TEAM AND DEPENDANTS 16+ HAVE PRIORITY IN CLASSES

**LUNCHTIME SPORTS:
MONDAY-FRIDAY 1200-1300H**

RECREATION CLUBS

**ARCHERY CLUB - CAPT. WESTIN COOK X6489
WOOD HOBBY - CPL. CAMERON BYWATER X7915
AUTO HOBBY - MCPL. STEVEN BENIOT X7483**

INDOOR FACILITIES

ARCTURUS THEATRE, GYMNASIUM, SQUASH COURTS, FITNESS CENTER, CANUCK CLUB ALL RANKS MESS

OUTDOOR FACILITIES

SOFTBALL DIAMOND, SOCCER FIELDS, GOLF COURSE, DISC GOLF COURSE, OUTDOOR HOCKEY RINK

EQUIPMENT AVAILABLE FOR LOAN

CANOES, KAYAKS, CROSS COUNTRY (SKIS, BOOTS, POLES), SNOWSHOES, MOUNTAIN BIKES, GOLF CLUBS, HOCKEY EQUIPMENT & MORE.

Facility



SPACIOUS WEIGHT ROOM OFFERING A VARIETY OF FREE WEIGHTS AND MACHINES + HEAVY LIFTING ROOM WITH PLATFORMS



CARDIO ROOM: TREADMILLS, BICYCLES, SPINNERS, ROWERS, ELLIPTICALS AND STAIRMASTER MACHINES.



GYMNASIUM: VOLLEYBALL, BADMINTON, BASKETBALL, SOCCER AND MORE. EQUIPMENT AVAILABLE AT THE MAIN OFFICE.

SQUASH COURTS & SAUNA AVAILABLE FOR BOOKING.



Staff

**SENIOR PSP MANAGER
CYRIL BRENNAN X6434**

**DEPUTY PSP MANAGER
ADAM CULL X7374**

**FACILITIES COORDINATOR
JAMES WINTERS X7904**

**FACILITIES ASSISTANT
LOGAN HEWLETT X7708**

**FITNESS, SPORTS, & PHYSICAL EXERCISE COORDINATOR
VACANT X3635**

**COMMUNITY REC COORDINATOR
DAVID ROBERTS X7088**

**MESS MANAGER - CANUCK CLUB
JASMINE MILLER X7831**

**ARCTURUS THEATRE SUPERVISOR
GEMMA RICHE X7767**

**COMMUNITY REC SUPERVISOR
ESTRELLA GARCIA X1945**

**FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS BROCHURE PLEASE CONTACT
896-6900 X7708.**