


| Contact List: | | | | | | |
|---|-----------------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------------|-----------|
|  | GARRISON PHYSICAL TRAINING | | | | Manager, Fitness & Sports | x271-8731 |
| | | | | | Fitness Coordinator | x271-8737 |
| | | | | | Fitness Office | x271-8747 |
| JULY 2026 | | | | | | |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week 1 | | | 1-Jul | 2-Jul | 3-Jul | |
| Garrison PT 0730-0815 | | | Canada Day | GSC Conditioning HMS | Practice FORCE | |
| | | | | **FORCEFit Combat Corner | | FH 4/5 |
| Week 2 | 6-Jul | 7-Jul | 8-Jul | 9-Jul | 10-Jul | |
| Garrison PT 0730-0815 | GSC Strength HMS | GSC Conditioning HMS | GSC Strength HMS | GSC Conditioning HMS | Practice FORCE | |
| | Military Pool Training | | | | | |
| | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | **FORCEFit Combat Corner | **FORCEFit Combat Corner | | FH 4/5 |
| Week 3 | 13-Jul | 14-Jul | 15-Jul | 16-Jul | 17-Jul | |
| Garrison PT 0730-0815 | GSC Strength HMS | GSC Conditioning HMS | GSC Strength HMS | GSC Conditioning HMS | Practice FORCE | |
| | Military Pool Training | | | | | |
| | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | | FH 4/5 |
| Week 4 | 20-Jul | 21-Jul | 22-Jul | 23-Jul | 24-Jul | |
| Garrison PT 0730-0815 | GSC Strength HMS | GSC Conditioning HMS | GSC Strength HMS | GSC Conditioning HMS | Practice FORCE | |
| | Military Pool Training | | | | | |
| | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | | FH 4/5 |
| Week 5 | 27-Jul | 28-Jul | 29-Jul | 30-Jul | 31-Jul | |
| Garrison PT 0730-0815 | GSC Strength HMS | GSC Conditioning HMS | GSC Strength HMS | GSC Conditioning HMS | Practice FORCE | |
| | Military Pool Training | | | | | |
| | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | **FORCEFit Cardio Corner | **FORCEFit Combat Corner | | FH 4/5 |

ALL CLASSES ARE DROP-IN BASED. NO REGISTRATION REQUIRED!

**FORCEFit - Requires advance registration. Please contact Janice Keown for information: keown.janice@cfmws.com

* Friday morning Practice FORCE is open to all military members wanting to practice any or all of the 4 components.

FOR ANY PSP-LED UNIT PT REQUESTS, PLEASE CONTACT JANICE KEOWN (keown.janice@cfmws.com) FOR AVAILABILITY