

# Fitness, Pool & Sports Schedule

RUNS MAY-JUNE

15 Wing, Moose Jaw Building 80 Nato Drive—FRONT DESK 306-694-2873

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	<b>FITNESS in MULTIPURPOSE ROOM &amp; SPORTS in GYM, unless otherwise indicated</b>	<b>LANE Swim</b> Tues & Thurs 6-8am May	431 Sqn Unit Physical Training 7:15-8:00am	Early Bird SPIN 6:45-7:30am <b>LANE Swim</b> Tues & Thurs 6-8am May	15 Wing Fitness 7:15-8:00am
8:00am					Updated on 30 Apr 18
9:00am			FORCE Evaluation 8:30-10:00am GYM		FORCE Evaluation 8:30-10:00am GYM
10:00am					
11:00am	<b>LANE Swim May 11am-1pm</b>				
12:00 NOON	Yoga 12:10-12:50pm	Strength & Conditioning 12:10-12:50pm	SPIN 12:10-12:50pm	Strength & Conditioning 12:10-12:50pm	SPIN 12:10-12:50pm
1:00pm	Open Gym 1pm-3pm	Open Gym 1-6:30pm	Wing Hospital GYM 3:00-3:45pm	ATC Physical Training 2:00-3:00pm GYM	<b>FITNESS CLASS DROP IN RATES</b> \$12.00/class <b>FACILITY DROP IN RATES</b> \$10.00 ages 18+ \$5.00 under 18 <b>PUNCH CARDS AVAILABLE</b>
2:00pm					
3:00pm	Fitness Development 3:15-4:00pm—GYM			Fitness Development 3:15-4:00pm—GYM	
4:00pm	Physical Development & Conditioning 2CFFTS 4:15-5:00pm GYM	<b>LANE Swim</b> Tues & Thurs 4-5:30 May	Physical Development & Conditioning 2CFFTS 4:15-5:00pm GYM	<b>LANE Swim</b> Tues & Thurs 4-5:30 May	
5:00pm	<b>LANE Swim</b> Mon 4:30-6pm May	Open 1/2 Gym 6:30-9pm	Open Gym 5pm-9pm	Open Gym 4pm-9pm	Running Group* Guthridge 5:00-6:30pm
6:00pm	Evening SPIN 6:00-7:00pm	Beach V'ball! 5:30-6:30pm	Squash* 5:00-9:00pm	Running Group* Guthridge 5:00-6:30pm	Saturday Squash* 10-1:00pm Open Gym 10am-5pm
7:00pm	Squash* 5:00-9:00pm	Basketball! 6:00-7:30pm	Badminton* 6:30-9:00pm Tues & Fri	Soccer! 7:30-9:00pm Smith Park	Sunday Open Gym 10am-1:30p 4-5pm Badminton* 1:30-4:00
8:00pm	Volleyball! 7:30-9:00pm	Slo-Pitch* 6:30-8:30pm Hamilton Flats	Ball Hockey! 8:10-9:40pm Arena		Ball Hockey! 7:30-9pm Arena

**COMMUNITY CLASSES — PURPLE**  
Open to Drop In's

**MILITARY ONLY CLASSES — IN GREY**  
No Cost for Military  
NOT Open to Public

**SPORTS — IN BLUE**  
! = Adult Drop in  
\* = Pre-Reg Req'd

SWIM - May-June 10  
Kinsmen Sportsplex  
Mon & Wed 7-9pm  
Sat & Sun 1-4pm  
SWIM - June 11-July 1st  
Phyllis Dewar Outdoor  
Mon & Wed 7-8:30pm  
Sat & Sun 1-4pm

**15 Wing POOL Closed JUNE**