



OCTOBER 2025

GROUP FITNESS — CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
		6:00–6:50 A.M. Warrior		6:00–6:50 A.M. Spin and Strength		
9:00–9:50 A.M. Yoga	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:00 A.M. NOFFS Aquatics	9:00–9:50 A.M. Warrior
	9:30–10:20 A.M. Fit and Fun PE				9:30–10:20 A.M. Fit and Fun PE	
	10:30–11:15 A.M. Spin and Strength	10:00–11:00 A.M. Pump	10:15–11:00 A.M. Cardio Kickboxing	10:00–11:00 A.M. Pump	9:30–10:20 A.M. Pilates	
	11:30–12:20 P.M. Barre	11:15–11:45 A.M. Core and Abs	11:15–11:45 A.M. Strength and Conditioning	12:00–1:00 P.M. Self Defense	10:30–11:20 A.M. Cardio Kickboxing	
		3:30–4:20 P.M. Self Defense	3:30–4:20 P.M. Yoga	3:30–4:20 P.M. Barre		
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Spin and Core	5:00–5:50 P.M. Strength and Row		

Events:
10 Oct 0700– NOFFS Sandbag Course
31 Oct 1030-1200– Monster Mash

Facility Open 24/7
Manned Hours of Operation
Monday–Friday: 5 a.m.-8 p.m.
Saturday/Sunday/Holiday: 8:30 a.m.-4



MORE
EVENTS
SCAN TO VISIT THE WEBSITE



FOLLOW
US
JOIN OUR FACEBOOK GROUP





NOVEMBER 2025

GROUP FITNESS —
CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
		6:00–6:50 A.M. Warrior		6:00–6:50 A.M. Spin and Strength		
9:00–9:50 A.M. Yoga	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	9:00–9:50 A.M. Warrior
	9:30–10:20 A.M. Fit and Fun PE				9:30–10:20 A.M. Fit and Fun PE	
	10:30–11:15 A.M. Spin and Strength	10:00–11:00 A.M. Pump	10:15–11:00 A.M. Cardio Kickboxing	10:00–11:00 A.M. Pump	9:30–10:20 A.M. Pilates	
	11:30–12:20 P.M. Barre	11:15–11:45 A.M. Core and Abs	11:15–11:45 A.M. Strength and Conditioning		10:30–11:20 A.M. Cardio Kickboxing	
		3:30–4:20 P.M. Self Defense	3:30–4:20 P.M. Yoga	3:30–4:20 P.M. Barre		
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Spin and Core	5:00–5:50 P.M. Strength and Row		

Events:

5 Nov 1730- Glow in The Dark Run 20 Nov 0800-1600– Gravy Gains
7 Nov 0700– Mission Nutrition 22 Nov 0930– Turkey Trot
No classes 27-30 Nov

Facility Open 24/7
Manned Hours of Operation
Monday–Friday: 5 a.m.-8 p.m.
Saturday/Sunday/Holiday: 8:30 a.m.-

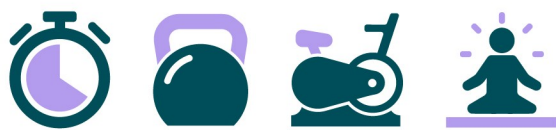


MORE
EVENTS
SCAN TO VISIT THE WEBSITE



FOLLOW
US
JOIN OUR FACEBOOK GROUP





JANUARY 2026

GROUP FITNESS — CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
		6:00–6:50 A.M. Warrior		6:00–6:50 A.M. Spin and Strength		
	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	
9:00–9:50 A.M. Yoga	9:00–9:50 A.M. Fit and Fun PE		9:00–9:50 A.M. Fit and Fun PE		9:00–9:50 A.M. Pilates	9:00–9:50 A.M. Warrior
	10:15–11:10 A.M. Spin and Strength	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Yoga	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Cardio Kickboxing	
	11:30–12:20 P.M. Barre	11:30–12:00 P.M. Core and Abs	11:30–12:20 P.M. Spin	11:30–12:00 P.M. Cardio HIIT	11:30–12:00 P.M. Strength and Conditioning	
		3:30–4:20 P.M. Self Defense	3:30–4:20 P.M. Yoga	3:30–4:20 P.M. Barre		
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Spin and Core	5:00–5:50 P.M. Warrior		

Events:

16 Jan 0700– NOFFS Nutrition Course

20-23 Jan 1200– Exercise Through the Decades

Facility Open 24/7

Manned Hours of Operation

Monday–Friday: 5 a.m.-8 p.m.

Saturday/Sunday/Holiday: 8:30a.m.-4p.m.

