



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



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US
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