



Keep Fit this Summer!

Group Fitness Classes

Mondays

- Step Interval-n-strength 5:30p
- Yoga Fitness 6:30pm

Tuesdays

- Total Body Conditioning 9am
- Cardio Kick-Boxing 12pm

Wednesdays

- Restorative Yoga 12pm
- Total Body Conditioning 4:45pm

Thursdays

- Cardio Circuit 9am
- Cardio Kick-Boxing 12pm
- Step 5:30pm
- Yoga Fitness 6:30pm

Fridays (No Classes)

Saturdays

- Total Body Conditioning 9am
- Salsa Sizzle 10am

Indoor Cycling Schedule

Monday - Friday

- 6am - 6:45am

Monday & Thursday

- 4:45pm - 5:30pm

Wednesdays

- 6pm - 6:45pm

Saturdays

- 8am - 8:45am



This Week's Events

Sunday, 20 June

Golf Course - Family Day after 1pm

Pacific Coast Club - Steak Date with Dad 5-7pm

Monday, 21 June

Aquatics Center - Learn to Swim Class sign ups

Pacific Coast Club - Smoked BBQ Brisket Lunch Special 11am

Youth Center - Photography 2pm

Base Library - Reading Patch Club 6pm

Tuesday, 22 June

Golf Course - Retiree Round Up Twilight Rates All Day

Youth Center - Smart Girls 4pm

Wednesday, 23 June

Youth Center - Field Trip to the Lompoc Aquatics Center

Golf Course - Wednesday March Madness

Pacific Coast Club - Santa Maria Style Buffet 11am

- Rock NCOA Night 4:30pm

Fitness Center - Summer Volleyball League Tryouts 5:30pm

Thursday, 24 June

Base Library - Pre school Storytime 10am

Fitness Center - Blood Pressure Checks 10am-2pm

Youth Center - Field Trip: Lunch and Movies

Pacific Coast Club - Chicken & Ribs Feast Lunch 11am

Airman & Family Readiness Center - Home Buying Seminar

Base Library - Online Resources Workshop 5:30pm

Friday, 25 June

Pacific Coast Club - Fish & Chips Lunch Special 11am

- Mongolian BBQ Night 5-8pm

Fitness Center - Football Skills Competition 5pm

Youth Center - Top Chef Cooking Challenge 6pm

Saturday, 26 June

Outdoor Rec - White Water Rafting Trip

Base Library - Summer Reading Program begins

Youth Center - Teen Movie Night 6pm