

GSH Fitness Department Calendar

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Specialist Training Camp 1145-1245	2	3
6	7	8 Specialist Training Camp 1145-1245	9	10
13	14	15 Specialist Training Camp 1145-1245	16	17
20	21	22 Specialist Training Camp 1145-1245	23	24
27	28	29 EXPRES Test *Practice 0830-0930 Specialist Training Camp 1145-1245		

Practice Tests
 •For more information see the Military Fitness Testing link on the CFB Shilo Gateway www.cfcommunitygateway.com

Training Camp
 •For more information see the Military Fitness Class link on CFB Shilo Gateway www.cfcommunitygateway.com

•To register contact Fitness Leader
Amy Coveney
 765-3000 ext 3652
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