

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|--|---|--|---------------------------|
| | | | 1 | 2 | 3 | 4 |
| | | | Special: Stir Fry Steak Night (1600) Spin Class 1100 (Gym) | Special: Sizzlin Fajitas | Special: Pasta Hiking the "M" at 0700 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | Special: Burger Combo Spin Class 1100 (Gym) | Special: Taco Tuesday Rowing Class 1100 (Gym) | Special: Stir Fry Steak Night (1600) Spin Class 1100 (Gym) | Special: Sizzlin Fajitas Rowing Class 1100 (Gym) Yoga Class 1200 (Gym) | Special: Pasta | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Special: Burger Combo Spin Class 1100 (Gym) | Special: Taco Tuesday Rowing Class 1100 (Gym) Kayaking at Lake Perris | Special: Stir Fry Steak Night (1600) Spin Class 1100 (Gym) Super Hero 5k (Base Tower, 0700) | Special: Sizzlin Fajitas Rowing Class 1100 (Gym) Yoga Class 1200 (Gym) | Special: Pasta March Ruck 0700 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | Special: Burger Combo Spin Class 1100 (Gym) | Special: Taco Tuesday Rowing Class 1100 (Gym) Paddle boarding at Lake Perris | Special: Stir Fry Steak Night (1600) Spin Class 1100 (Gym) 3 Point Competition 1100 | Special: Sizzlin Fajitas Rowing Class 1100 (Gym) Yoga Class 1200 (Gym) | Special: Pasta | Deep Sea Fishing (ODR) |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | Special: Burger Combo Spin Class 1100 (Gym) | Special: Taco Tuesday Rowing Class 1100 (Gym) | Special: Stir Fry Steak Night (1600) Spin Class 1100 (Gym) Brench Press Comp. 1100 | Special: Sizzlin Fajitas Rowing Class 1100 (Gym) Yoga Class 1200 (Gym) | Special: Pasta | |

Details & Future Upcoming Events

MAY is Fitness Month

- Outdoor Recreation Trips: **NOW TAKING SIGNS UPS**
Deep Sea Fishing, Whitewater Rafting in June!
- Outdoor Fit - \$1.00 Bicycle Rentals during Lunch
- Special May Fitness Month Events at the Fitness Center & ODR

5/3 - **Hiking the "M"** | Time: 0700

5/15 - **Super Hero 5k Run/Walk** | Time: 0700

5/17 - **March Ruck** | Time: 0700

5/22 - **3 Point Competition** | Time: 1100

5/29 - **Bench Press Competition** | Time: 1100

- Sign up at MarchFitnessCenter@gmail.com or call the Fitness Center @ (951) 655-2284

5/1, 8, 15, 22 & 29 - **Steak Night** at Sally's Alley, Time: 1600

5/14 - **Kayaking Lake Perris**

5/21 - **Paddle Boarding Lake Perris**

call the ODR @ (951) 655-2816

FACULTY DIRECTORY

QUICK LINKS

Airman & Family Readiness (A&FR)

(951) 655-5350

Back Street Grill (BSG)

(951) 655-3663

Hap Arnold & Catering

(951) 655-4920

Fitness Center (FC)

(951) 655-2284

Home Community Care (HCC)

(951) 655-3507

Outdoor Recreation (ODR)

(951) 655-2816

Information, Tickets, & Tours (ITT)

(951) 655-4123

Hap Arnold Printing (HAP)

(951) 655-2800



Scan the QR code for
Ticket Pricelist



Scan the QR code for
Back Street Grill Menu



Scroll to the
bottom of the
page for the

Mon-Fri Menu & UTA Menu

Key Information

FITNESS CENTER

· Spin and Rowing classes offered weekly at the **Gym**

Group Fitness Classes

MW- Spin 1100 at the gym

TTH- Rowing 1100 at the gym

Thurs- Yoga 1200

Performance Locker conex available daily

Pull-up bars, sleds, tire flips, bench press, Turf, mats, kettle bells

TRX and straps next to the Performance locker and at the track facilities

Track facilities - ½ mile track, locker and shower facilities, field house

Tennis courts next to lodging check-in

AIRMAN & FAMILY READINESS

1351 Graeber St. Bldg 2314 951-655-5350

March ARB, CA 92518

- Information & Referral
- Family Life Education
- Personal Financial Management
- Relocation Assistance
- Family Readiness
- Employment Assistance
- Crisis Assistance
- Transition Assistance Program (TAP)

OUTDOOR REC & ITT

- R4R trips starting in March, contact ODR for details! ·
- Six Flags tickets **NOW AVAILABLE**

Scan the QR code for

**Online
Reservations**



BACKSTREET GRILL/HAP ARNOLD CLUB

Lunch Specials at Backstreet Grill:

Monday: Burger Combo (FREE Fries & Drink)

Tuesday: Street Tacos

Wednesday: Stir Fry

Thursday: Sizzlin Fajitas Platter

Friday: Fettuccine Pasta

· Call ahead to place your order

(951) 655-3663

· Want to cater an event at the Hap Arnold Club?

(951) 655-4920

HAP ARNOLD PRINTING

Offering banners, posters, copies, and more! Stop by for more details Bldg 434 or call 951-655-2800!