

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	<ul style="list-style-type: none"> <li>Special: <b>Burger Combo</b></li> <li>Spin Class 1100 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Taco Tuesday</b></li> <li>H.I.I.T. 0700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Stir Fry</b></li> <li>Grubbin' at Sally's (CLOSED)</li> <li>Spin Class 1100 (Gym)</li> </ul>	<b>4th of July Holiday</b> Backstreet Grill CLOSED	Backstreet Grill CLOSED	
7	8	9	10	11	12	13
	<ul style="list-style-type: none"> <li>Special: <b>Burger Combo</b></li> <li>Spin Class 1100 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Taco Tuesday</b></li> <li>H.I.I.T. 0700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Stir Fry</b></li> <li>Grubbin' at Sally's (Open 1600, Food 1730)</li> <li>Spin Class 1100 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Sizzlin Fajitas</b></li> <li>H.I.I.T. 0600 (Gym)</li> <li>Yoga Class 1200 (Gym)</li> <li>Ice Cream Social (Hap Arnold Club, 1400-1500)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Pasta</b></li> </ul>	<ul style="list-style-type: none"> <li>Tandem Skydiving (ODR)</li> </ul>
14	15	16	17	18	19	20
	<ul style="list-style-type: none"> <li>Special: <b>Burger Combo</b></li> <li>Spin Class 1100 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Taco Tuesday</b></li> <li>H.I.I.T. 0700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Stir Fry</b></li> <li>Grubbin' at Sally's (Open 1600, Food 1730)</li> <li>Spin Class 1100 (Gym)</li> <li>Independence 5K (0700, Across the Base Tower)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Sizzlin Fajitas</b></li> <li>H.I.I.T. 0600 (Gym)</li> <li>Yoga Class 1200 (Gym)</li> <li>Ice Cream Social (Hap Arnold Club, 1400-1500)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Pasta</b></li> </ul>	<ul style="list-style-type: none"> <li>Deep Sea Fishing (ODR)</li> </ul>
21	22	23	24	25	26	27
	<ul style="list-style-type: none"> <li>Special: <b>Burger Combo</b></li> <li>Spin Class 1100 (Gym)</li> <li>H.I.I.T. 1700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Taco Tuesday</b></li> <li>H.I.I.T. 0700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Stir Fry</b></li> <li>Grubbin' at Sally's (Open 1600, Food 1730)</li> <li>Spin Class 1100 (Gym)</li> <li>H.I.I.T. 1700 (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Sizzlin Fajitas</b></li> <li>H.I.I.T. 0600 (Gym)</li> <li>Yoga Class 1200 (Gym)</li> <li>Ice Cream Social (Hap Arnold Club, 1400-1500)</li> </ul>	<ul style="list-style-type: none"> <li>Special: <b>Pasta</b></li> </ul>	
28	29	30	31			
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## Details & Future Upcoming Events

• **Independence 5K July 17th!**

Time: 0700. Meet across from the Base Tower. Sign-up at:

[Startbooking.me/452fitness#/classes/calendar](https://startbooking.me/452fitness#/classes/calendar)

**Sign up a week before for a FREE T-Shirt!**

• **WELLBEATS kiosk NOW AVAILABLE at the Fitness Center**

• **Grubbin' at Sally's! Every Wednesday (CLOSED July 3rd);**

**Open at 1600. Food at 1730**

• **Ice Cream Social every Thursday from 1400-1500 (CLOSED July 4th)**

• **Ongoing NAF Sale**

LOUNGE CHAIRS, DESKS, LAMPS, AND MORE FOR SALE!

Contact Frank Brown to schedule an appointment

franklin.brown.2@us.af.mil or 951-236-0004

• **Tandem Skydiving**

July 13th, 2024

Single Airman Price: \$60.00

Limited Seating Available Sign-up Now!

• **Deep Sea Fishing**

July 20th, 2024

Single Airman Price \$55.00

Includes Transportation, License and Gear.

• **Tandem Hang Gliding or Paragliding**

Aug. 10th or 11th, 2024

Single Airman Cost \$60.00

Participants can only sign up for one day and one activity

## DIRECTORY

### 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) 655-5144

### Outdoor Recreation (ODR)

(951) 655-2816

### Information, Tickets, & Tours (ITT)

(951) 655-4123

### Hap Arnold Printing (HAP)

(951) 655-2801

## QUICK LINKS



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  
links

Mon-Fri Menu & UTA Menu

## Key Information

### FITNESS CENTER

- Spin and Rowing classes offered weekly at the **Gym**  
Group Fitness Classes  
MW- Spin 1100; **Evening H.I.I.T. Classes 1700 (Starting July 22nd)** at the gym  
Tues- H.I.I.T. 0700 at the gym  
Thurs- H.I.I.T. 0600 & Yoga 1200 at the gym

Performance locker located adjacent to the Fitness Center for HIIT/Functional fitness workouts. Olympic benches, barbells, mats, pull up bars, TRX, kettlebells, tire flip, sleds, jump ropes, fitness bands, sandbags, flexibility poles, cones, medicine balls. Stop by the fitness center for access.

**WELLBEATS fitness kiosk NOW AVAILABLE!**

Scan the QR code for  
**Online  
Reservations**



### 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

- Stop by to get info for Unite Events and R4R trips!
- New theme park promotions **NOW AVAILABLE**

### 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!