

SUN	MON	TUE	WED	THU	FRI	SAT
MONTHLY SPECIALS NOW AT BACKSTREET GRILL! (SERVED DAILY) Breakfast: BLT w/ Avocado and a fried egg Lunch: Buffalo Chicken Sandwich		Grubbin' at Sally's! Every Wednesday; Open at 1600. Apps: 1600 to 1800; Food at 1730 Come in and see Sallys new Drink Special of the Week!!		1 • Special: Sizzlin Fajitas • March FIIT 0600 (Gym) • Yoga Class 1200 (Gym) • Ice Cream Social (Hap Arnold Club, 1400-1500)	2 • Special: Pasta	3
4	5	6	7	8	9	10
	• Special: Burger Combo • Spin Class 1100 (Gym)	• Special: Taco Tuesday • March FIIT 0600 (Gym)	• Special: Stir Fry • Grubbin' at Sally's (Open 1600, Food 1730) • Spin Class 1100 (Gym)	• Special: Sizzlin Fajitas • March FIIT 0600 (Gym) • Yoga Class 1200 (Gym) • Ice Cream Social (Hap Arnold Club, 1400-1500)	• Special: Pasta • Hike: Two Trees Trail 0700	• Tandem Hang Gliding & Paragliding (ODR)
11	12	13	14	15	16	17
• Tandem Hang Gliding & Paragliding (ODR)	• Special: Burger Combo • Spin Class 1100 (Gym)	• Special: Taco Tuesday • March FIIT 0600 (Gym)	• Special: Stir Fry • Grubbin' at Sally's (Open 1600, Food 1730) • Spin Class 1100 (Gym) • Road March 5K 0700	• Special: Sizzlin Fajitas • March FIIT 0600 (Gym) • Yoga Class 1200 (Gym) • Ice Cream Social (Hap Arnold Club, 1400-1500)	• Special: Pasta	
18	19	20	21	22	23	24
	• Special: Burger Combo • Spin Class 1100 (Gym)	• Special: Taco Tuesday • March FIIT 0600 (Gym)	• Special: Stir Fry • Grubbin' at Sally's (Open 1600, Food 1730) • Spin Class 1100 (Gym)	• Special: Sizzlin Fajitas • March FIIT 0600 (Gym) • Yoga Class 1200 (Gym) • Ice Cream Social (Hap Arnold Club, 1400-1500)	• Special: Pasta	• Tandem Hang Gliding & Paragliding (ODR)
25	26	27	28	29	30	31
	• Special: Burger Combo • Spin Class 1100 (Gym)	• Special: Taco Tuesday • March FIIT 0600 (Gym)	• Special: Stir Fry • Grubbin' at Sally's (Open 1600, Food 1730) • Spin Class 1100 (Gym)	• Special: Sizzlin Fajitas • March FIIT 0600 (Gym) • Yoga Class 1200 (Gym) • Ice Cream Social (Hap Arnold Club, 1400-1500)	• Special: Pasta	

Details & Future Upcoming Events

• **Road March 5K August 14th!**

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

Startbooking.me/452fitness#/classes/calendar

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

• **Hike: Two Trees Trail August 9th at 0700!**

• **Monthly Backstreet Grill SPECIALS**

Breakfast special of the Month:

BLT w/ Avocado and a fried egg (DAILY)

Lunch special of the Month:

Buffalo Chicken Sandwich (DAILY)

• **Grubbin' at Sally's! Every Wednesday;**

Open at 1600. Apps: 1600 to 1800; Food at 1730

Come in and see Sallys new Drink Special of the Week!!

• **Ice Cream Social every Thursday from 1400-1500**

• **Tandem Hang Gliding or Paragliding**

Aug. 10th, 11th or 24th, 2024

Single Airman Cost \$60.00

Participants can only sign up for one day and one activity

• **Deep Sea Fishing**

September 21st, 2024

Single Airman Price \$60.00

Includes Transportation, License and Gear.

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;
 - Tu&Thu- March F.I.I.T. 0600 at the gym
 - Thurs- Yoga 1200 at the gym

Performance locker located adjacent to the Fitness Center for March FIIT/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 to meet your personal and squadron's print needs! Stop by for more details Bldg 434 or call 951-655-2800!