

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			<ul style="list-style-type: none"> Special: Stir Fry Social Hour at Sally's (Open 1600, Food 1730) Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Sizzlin Fajitas Mixed Fit 0600 (Gym) Yoga Class 1200 (Gym) Karaoke Night (ACEs, 1700) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Pasta 	
5	6	7	8	9	10	11
	<ul style="list-style-type: none"> Special: Burger Combo Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Taco Tuesday Mixed Fit 0600 (Gym) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Stir Fry Social Hour at Sally's (Open 1600, Food 1730) Workout of the Day: Spin Class with RC 1100 (Gym) 	<ul style="list-style-type: none"> Special: Sizzlin Fajitas Mixed Fit 0600 (Gym) Yoga Class 1200 (Gym) Karaoke Night (ACEs, 1700) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Pasta Soul Food Dish Special at BSG Sally's Alley (Open 1600, Food 1730) 	
12	13	14	15	16	17	18
	<ul style="list-style-type: none"> Special: Burger Combo Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Taco Tuesday Mixed Fit 0600 (Gym) Lunchtime Volleyball & B-Ball 1100 (Gym) Intramural BB Meeting 1100 (Gym) 	<ul style="list-style-type: none"> Special: Stir Fry Social Hour at Sally's (Open 1600, Food 1730) Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Sizzlin Fajitas Mixed Fit 0600 (Gym) Yoga Class 1200 (Gym) Karaoke Night (ACEs, 1700) Lunchtime Volleyball & B-Ball 1100 (Gym) Cornhole Tournament 1100 (ODR) 	<ul style="list-style-type: none"> Special: Pasta Soul Food Dish Special at BSG 	
19	20	21	22	23	24	25
	<ul style="list-style-type: none"> Special: Burger Combo Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Taco Tuesday Mixed Fit 0600 (Gym) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Stir Fry Social Hour at Sally's (Open 1600, Food 1730) Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Sizzlin Fajitas Mixed Fit 0600 (Gym) Yoga Class 1200 (Gym) Karaoke Night (ACEs, 1700) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Pasta Soul Food Dish Special at BSG 	
26	27	28	29	30	31	
	<ul style="list-style-type: none"> Special: Burger Combo Spin Class 1100 (Gym) 	<ul style="list-style-type: none"> Special: Taco Tuesday Mixed Fit 0600 (Gym) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Stir Fry Social Hour at Sally's (Open 1600, Food 1730) Spin Class 1100 (Gym) Happy New YOU 5K Run/Walk 1100 (Base Tower) 	<ul style="list-style-type: none"> Special: Sizzlin Fajitas Mixed Fit 0600 (Gym) Yoga Class 1200 (Gym) Karaoke Night (ACEs, 1700) Lunchtime Volleyball & B-Ball 1100 (Gym) 	<ul style="list-style-type: none"> Special: Pasta Soul Food Dish Special at BSG 	

Details & Future Upcoming Events

FITNESS CENTER EVENTS

- Group Fitness Classes: Spin Class **MW 1100**, Mixed Fit **TTH 0600**, Yoga **Thursdays 1200**
 - Lunchtime Pick-up Basketball **TTH, 1100**
 - Lunchtime Pick-up Volleyball **TTH, 1100**
 - Intramural Basketball Meeting **Jan 14, 2025 1100 Gym**
 - Happy New You 5K Run/Walk - **Jan 29 at 1100**, Meet across from the Base Tower.
 - Work out of the Day Program (WOD), Spin Class with RC **Jan 8th, 1100 gym**.
- Different workouts weekly with fitness team

BACKSTREET GRILL/HAP ARNOLD CLUB EVENTS

- Social Hour at Sally's! Every Wednesday; **Open at 1600. Food at 1730**
- Chef's Choice of the Week NOW AVAILABLE!** Apps also available! (Wings \$14; Chicken Strips \$7; Mozzarella Sticks \$7; Fries \$3)
- Sally's Alley Open **UTA Friday January 10 at 1600, Food at 1730**
- Grab & Go Food Options **NOW AVAILABLE**
- Come try one of our flavored coffees with a fresh baked pastry; Coffee (12oz) **\$2.50**; Assorted Muffins **\$3.50**; Scones **\$3.00**; Doughnut or Doughnut Holes **\$4.75**
- Black Bean Burger & Veggie Burger **NOW AVAILABLE!**
- Karaoke Night at ACEs at **1700. Apps also available!** (Pizza \$11; Wings \$14; Chicken Strips \$7; Mozzarella Sticks \$7; Fries \$3)
- Backstreet Lunch Special of the Month:**
 - The Cali (Vegetarian) Deli Sandwich: Avocado, tomato, sprouts, cucumber, cream cheese, and red onions **\$8.00**
 - The Celtic Deli sandwich: Turkey, cucumber, red onions, tomato, sprouts, and cream cheese **\$8.50**

- Special Soul Food Dish offered every Friday starting **January 10th** at Backstreet Grill leading up to the **Soul Food Buffet** at Backstreet Grill **February 28th at 11:00am -1:00pm**
- Valentines Lunch on **Feb. 14th at 11:00 am to 1:00 pm; RSVP (951) 902-7851.**
- Offering a choice of:
 - Chicken Cordon Blu with Rice Pilaf, Steamed Broccoli, and a Hawaiian Roll
 - Pitte Steak with Garlic Mashed Potatoes, Steamed Broccoli, and a Hawaiian Roll
 - Both dishes will come with a Heart Shaped Desert and a glass of glass of Champagne
- Valentines Day Singles Social in Sallys with live music, great drinks, and loads of fun
- Superbowl Sunday Party **February 9 in Aces**. Come join in for the food, drinks and loads of fun (Food offered: Pizza; Wings; Chili Cheese Nachos; Sliders (BBQ Pork or Hamburger); Brats or Hot Dogs; Pretzels with cheese)
- Sallys Summer Block Party **June 7th**

OUTDOOR RECREATION/ITT EVENTS

- Cornhole Tournament on **Jan 16 at 1100. Sign up at Outdoor Recreation**
- Outdoor Recreation is also offering Disc Golf at **lunch time**.
- ITT is currently selling the 2025 Disneyland Salute Tickets for **Military Members**
- New NAF Positions AVAILABLE**
 Fitness Center, Cashier, Cooks, Bartender, ODR
 Scan QR code for more details!



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- Mixed Fit Dance Class 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!