

PSP PETAWAWA COMMUNITY RECREATION

APRIL FITNESS SCHEDULE

EFFECTIVE 2 APRIL TO 3 MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am Yoga RP		9:30-10:30am Yoga RP			9:30-10:30am Barre RP
	10:15-11:00am Aquafit DDH		10:15-11:00am Aquafit DDH		
6:00-6:45pm Spin DDH	6:15-7:00pm Pilates DDH Spin Room	6:00-7:00pm Yoga DDH Spin Room	6:00-6:45pm Spin DDH		
		6:00-7:00pm Step RP			

PROTOCOLS

1. Minimum of 3 and maximum of 20 people per in-person class. First come, first serve basis.
2. Participants must present a valid PSP Plan card or pay the \$15 drop in fee and sign in for each class.
3. Participants are required to bring their own yoga/pilates mats.

RP- Recreation Complex DDH-Dundonald Hall
Fitness classes are FREE with PSP Plan or \$15 for Non PSP Plan

This schedule is subject to change

