

PSP PETAWAWA COMMUNITY RECREATION

APRIL 2026 FITNESS SCHEDULE

EFFECTIVE 6 APRIL TO 3 MAY

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga RP 9:30-10:30am	Muscle Pump RP 9:30-10:30am	Yoga RP 9:30-10:30am	Muscle Pump RP 9:30-10:30am	Family Fitness RP 9:30-10:30am
		Aquafit Shallow & Deep Water DDH 10:05-10:50am		
Barre RP 5:15-6:00pm	Strength & Conditioning AFC 5:15-6:00pm	Kettlebell Krush AFC 5:15-6:00pm	Bootcamp AFC 5:15-6:00pm	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.
	Barre Burn DDH 6:15-7:00pm		Spin DDH 6:15- 7:00pm	

Fitness classes will not be offered from Friday to Monday during the Easter long weekend

Must show a valid PSP membership ID.

This schedule is subject to change

RP-Recreation Complex | DDH-Dundonald Hall

AFC-Army Fitness Center

Fitness classes are FREE with PSP Plan or \$15 without a PSP Plan

