

PSP PETAWAWA COMMUNITY RECREATION

DECEMBER FITNESS SCHEDULE

EFFECTIVE 2 DECEMBER - 22 DECEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

9:30-10:30am

9:30-10:30am

9:30-10:30am

9:30-10:30am

9:00-10:00am

Beginner Yoga-RP

Muscle Pump-RP

Gentle/Yin Yoga-RP

Muscle Pump-RP

Tots and Squats-RP

10:05-10:50am

10:35-11:15am

10:05-10:50am

Aquafit-DDH

Family Fitness-RP

Aquafit-DDH

5:15-6:00pm

5:15-6:00pm

Core Conditions-RP

Power Hour-AFC

5:15-6:00pm

5:15-6:00pm

Strength-AFC

Yoga-RP

6:15-7:00pm

6:00-6:45pm

Bootcamp-AFC

HIIT Happens

DDH Spin Room

6:15-7:00pm

6:15-7:00pm

6:15-7:00pm

Pilates Barre-RP

Bootcamp-AFC

Spin-DDH

RP- Recreation Complex DDH-Dundonald Hall

AFC- Army Fitness Center

Fitness classes are FREE with PSP Plan
or \$15 for Non PSP Plan

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.

No Classes- 23 DECEMBER TO 5 JANUARY

This schedule is subject to change



Recreation Fitness Class Descriptions

Beginner Yoga: A blend of Hatha Yoga with standing, seated and mat poses.

Gentle/ Yin Yoga: A slow and gentle Yoga practice with only seated and mat poses.

Muscle Pump: A barbell/dumbbell-based total body workout that is designed to help you get lean, toned and fit.

Family Fitness: A full body circuit training class that DOES NOT involve any weights to ensure safety of children. This workout is tailored to accommodate all fitness levels, focusing on strength, cardio and flexibility.

Pilates Barre: This is a low-impact exercise class that focuses on endurance, intervals, high intensity and recovery.

Spin: An indoor cycling class that focuses on endurance, intervals, high intensity and recovery.

Aquafit: This is a low-impact, resistance training workout that will help improve muscle tone and cardiovascular fitness.

Bootcamp: This is a high-intensity training program that combines elements of cardio, strength training and functional exercises.

Strength: This class is designed to develop your full body strength and athleticism. Dial into proper form and challenge yourself with weights.

Tots and Squats: Get moving and socialize with your baby, toddler and beyond! This class is meant to be a space for caregivers to exercise in an all level friendly, full body fitness class.

HIIT Happens: This is a high intensity, no equipment class focused on getting you sweaty and energized. This is an easy to follow class with low impact modifications for all moves. Great for all fitness levels.

Core Conditions - high volume strength training combined with aerobic training intervals with an emphasis on core development

Power Hour: heavy compound lifts (squat, bench, deadlift) followed by accessory movements and explosive power circuit training

