

PSP PETAWAWA COMMUNITY RECREATION

JANUARY FITNESS SCHEDULE

EFFECTIVE 5 JANUARY TO 1 FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga RP 9:30-10:30am	Muscle Pump RP 9:30-10:30am	Yoga RP 9:30-10:30am No Class 28 January	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	Bootcamp AFC 5:15-6:00pm	Kettlebell Krush AFC 5:15-6:00pm	Strength & Conditioning 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.
	Zumba DDH 6:15- 7:00pm		Spin DDH 6:15- 7:00pm	

Register Today

Adult Weight Machine Orientation- Sunday, 11 January

Teen Weight Training Course- Sunday, 19 January

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 for Non PSP Plan**

