

PSP PETAWAWA COMMUNITY RECREATION

JULY 2026 FITNESS SCHEDULE

EFFECTIVE 29 JUNE TO 2 AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
	Muscle Pump RP 9:30-10:30am	Family Fitness RP 9:30-10:30am		
Barre RP 5:00-5:45pm ABC (Abs, Bootie, Cardio) AFC 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.

*Classes will not be offered 1 July 2026

*Fitness classes will not run in August 2026

Must show a valid PSP Plan membership ID.

This schedule is subject to change

RP-Recreation Complex
 DDH-Dundonald Hall
 AFC-Army Fitness Centre

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

