

PSP PETAWAWA COMMUNITY RECREATION

MARCH FITNESS SCHEDULE

EFFECTIVE 3 MARCH TO 6 APRIL

| 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 | Tots and Squats-RP 9:00-10:00am |
| | Aquafit-DDH 10:05-10:50am | Family Fitness-RP 10:35-11:15am | Aquafit-DDH 10:05-10:50am Water Recovery-DDH 11:00-11:30am | |
| Booty Blueprint-AFC 5:15-6:00pm Barre -RP 5:15-6:00pm | Bootcamp-DDH 5:15-6:00pm | Kettlebell Krush-AFC 5:15-6:00pm Power Yoga-RP 5:15-6:00pm | ABC (Abs, Bootie, Cardio) DDH 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. |
| Core Conditions AFC 6:15-7:00pm | HIIT Happens DDH Spin Room 6:00-6:45pm Deep Water Aquafit-DDH 8:05-8:50pm | Power Hour AFC 6:15-7:00pm | Spin-DDH 6:15-7:00pm Strength & Stretch AFC 6:15-7:00pm | |

10 to 16 March see
 March Break Fitness Frenzy Schedule
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

