

PSP PETAWAWA COMMUNITY RECREATION

MARCH BREAK FITNESS FRENZY SCHEDULE

EFFECTIVE 10 MARCH - 16 MARCH

Monday 10 March	Tuesday 11 March	Wednesday 12 March	Thursday 13 March	Friday 14 March
	<p style="text-align: center;">Cardio Blast-RP 9:30-10:30am</p>			<p style="text-align: center;">Fit Bingo RP Ages 4+ 9:30-10:30am</p>
	<p style="text-align: center;">Glow Workout Party RP Ages 4+ 5:15-6:00pm</p>	<p style="text-align: center;">Fitness Scavenger Hunt AFC 5:15-6:00pm</p>	<p style="text-align: center;">Cardio Kickboxing AFC 5:15-6:00pm</p>	<p>PROTOCOLS</p> <ol style="list-style-type: none"> 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.
	<p style="text-align: center;">Deep Water Aquafit DDH 8:05-8:50pm</p>	<p style="text-align: center;">Roll the Dice Bootcamp RP Ages 4+ 6:15-7:00pm</p>		

RP- Recreation Complex DDH-Dundonald Hall
AFC- Army Fitness Center
 Fitness classes are FREE with PSP Plan
 or \$15 for Non PSP Plan

This schedule is subject to change

