PSP PETAWAWA COMMUNITY RECREATION

NOVEMBER 2026 FITNESS SCHEDULE

EFFECTIVE 2 NOVEMBER TO 6 DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga **RP** 9:30-10:30am	**Muscle Pump** **RP** 9:30-10:30am	**Family Fitness** **RP** 9:30-10:30am	**Muscle Pump** **RP** 9:30-10:30am	**Gentle/ Yin Yoga** **RP** 9:30-10:30am
	Aquafit **DDH Pool** 9:05-9:50am		**Mobility Yoga** **RP** 12:05-12:50pm	**Stroller Fit** **DDH** 9:30-10:30am
Build and Burn **AFC** 5:15-6:00pm **Barre** **RP** 5:15-6:00pm	**HIIT Happens** **DDH** 5:15-6:00pm	**Vinyasa Yoga** **RP** 5:15-6:00pm	**Bootcamp** **AFC** 5:15-6:00pm	
		Zumba **RP** 6:15-7:00pm		

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
Wednesday 11 November 2026

Must show a valid PSP membership ID.

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 without a PSP Plan