

PSP PETAWAWA COMMUNITY RECREATION

OCTOBER 2026 FITNESS SCHEDULE

EFFECTIVE 5 OCTOBER TO 1 NOVEMBER

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	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 RP 6:15- 7:00pm	Spin DDH 6:15- 7:00pm No Class 22 & 29 October	

Classes will not be offered Monday 12 October 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

