

PSP PETAWAWA COMMUNITY RECREATION

MARCH 2026 FITNESS SCHEDULE

EFFECTIVE 2 MARCH TO 5 APRIL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>Yoga RP 9:30-10:30am</p> | <p>Muscle Pump RP 9:30-10:30am No Class 31 March</p> | <p>Yoga RP 9:30-10:30am</p> | <p>Muscle Pump RP 9:30-10:30am</p> | <p>Family Fitness RP 9:30-10:30am No Class 27 March</p> |
| | | <p>Aquafit-Shallow & Deep Water DDH 10:05-10:50am No Class 1 April</p> | | |
| <p>Barre RP 5:15-6:00pm</p> | <p>Strength & Conditioning AFC 5:15-6:00pm</p> | <p>Kettlebell Krush AFC 5:15-6:00pm</p> | <p>Bootcamp 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>Zumba DDH 6:15- 7:00pm</p> | | <p>Spin DDH 6:15- 7:00pm</p> | |

There will be no fitness classes during March Break (16th-20th)

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 for Non PSP Plan

