

PSP PETAWAWA COMMUNITY RECREATION

SEPTEMBER 2026 FITNESS SCHEDULE

EFFECTIVE 31 AUGUST TO 4 OCTOBER

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 10:05-10:50am Starting 15 Sept		Mobility Yoga RP 12:05-12:50pm	
Build and Burn AFC 5:15-6:00pm Barre RP 5:15-6:00pm	Strength & Conditioning AFC 5:15-6:00pm HIIT Happens DDH 5:15-6:00pm	Kettlebell Krush AFC 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 No Class 2 Sept	Spin DDH 6:15- 7:00pm	
*Adult Weight Orientation: Sunday 20 September *Teen Weight Training Course: Sunday 27 September Classes will not be offered Monday 7 September 2026			Aquafit DDH Pool 7:05-7:50pm Starting 17 Sept	

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

