

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
			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

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**



Recreation Fitness Class Descriptions

Yoga: a medium-paced class combining stretching, strengthening, balancing, and relaxation.

Vinyasa Yoga : a faster-paced class featuring a flowing sequence of poses linking movement and breath.

Mobility Yoga : a medium-paced class focused on improving flexibility, mobility and range of motion.

Gentle/yin yoga: a slow paced, meditative, floor-based class with long holds in gentle poses for relaxation & fascial release.

Muscle Pump: A barbell/dumbbell-based total body workout that is designed to help you get lean, toned and fit.

Family Fitness: A full body circuit training class that DOES NOT involve any weights to ensure safety of children. This workout is tailored to accommodate all fitness levels, focusing on strength, cardio and flexibility.

Barre: This class is a full body, muscular endurance workout. The low impact exercises aim to build strength, flexibility and muscle tone.

Build and Burn: a full body workout focused on building strength, boosting power, and testing endurance with smart progressions and low impact modifications.

Spin: An indoor cycling class that focuses on endurance, intervals, high intensity and recovery.

Bootcamp: This is a high-intensity training program that combines elements of cardio, strength training and functional exercises.

Kettlebell Krush: This is a high intensity, full body workout that uses kettlebells to build strength and endurance.

Aquafit-Shallow & Deep Water: This dynamic class alternates between shallow and deep water exercises offering a full body, low impact workout that enhances cardiovascular fitness and muscular strength.

Strength & Conditioning: This class focuses on improving physical fitness through targeted exercises that enhance, strength, flexibility, and athletic performance.

