

# PSP PETAWAWA COMMUNITY RECREATION

## DECEMBER FITNESS SCHEDULE

### EFFECTIVE 1 DECEMBER TO 21 DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga</b> <b>RP</b> 9:30-10:30am	<b>Muscle Pump</b> <b>RP</b> 9:30-10:30am	<b>Yoga</b> <b>RP</b> 9:30-10:30am	<b>Muscle Pump</b> <b>RP</b> 9:30-10:30am	<b>Family Fitness</b> <b>RP</b> 9:30-10:30am
		<b>Aquafit-Shallow &amp; Deep Water</b> <b>DDH</b> 10:05-10:50am		
<b>Barre</b> <b>RP</b> 5:15-6:00pm	<b>Bootcamp</b> <b>AFC</b> 5:15-6:00pm	<b>Kettlebell Krush</b> <b>AFC</b> 5:15-6:00pm  <b>Yoga</b> <b>RP</b> 5:15-6:00pm	<b>Strength &amp; Conditioning</b> <b>AFC</b> 5:15-6:00pm	<b>PROTOCOLS</b>  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.
			<b>Spin</b> <b>DDH</b> 6:15- 7:00pm <b>No Class 18 December</b>	

Classes will not be offered 22 December to 4 January 2026.

*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

