

PSP PETAWAWA COMMUNITY RECREATION

JUNE 2026 FITNESS SCHEDULE

EFFECTIVE 1 TO 28 JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yoga RP 9:30-10:30am</p>	<p>Muscle Pump RP 9:30-10:30am</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</p>
		<p>Aquafit DDH 10:05-10:50am No Class 17 June</p>	<p>Yoga RP 12:00-1:00pm No Class 25 June</p>	
<p>Barre RP 5:15-6:00pm ABC(Abs, Bootie, Cardio) AFC 5:15-6:00pm</p>	<p>Strength & Conditioning AFC 5:15-6:00pm</p>	<p>Kettlebell Krush AFC 5:15-6:00pm Power Yoga RP 5:15-6:00pm No Class 24 June</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>Spin DDH 6:15- 7:00pm No Class 18 June</p>	

Upcoming Events

Fitness Showcase 13 June | 1:00–2:00PM | RP

Youth Sports Performance Training 28 June | 11:30AM–12:30PM | AFC

RP-Recreation Complex | DDH-Dundonald Hall

AFC-Army Fitness Centre

Fitness classes are FREE with PSP Plan
or \$15 without a PSP Plan

Must show a valid PSP Plan membership ID.

This schedule is subject to change

