

# PSP PETAWAWA COMMUNITY RECREATION

## MAY 2026 FITNESS SCHEDULE

EFFECTIVE 4 TO 31 MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Yoga</b> RP 9:30-10:30am</p>	<p><b>Muscle Pump</b> RP 9:30-10:30am</p>	<p><b>Yoga</b> RP 9:30-10:30am</p>	<p><b>Muscle Pump</b> RP 9:30-10:30am</p>	<p><b>Family Fitness</b> RP 9:30-10:30am <b>No Class 15 May</b></p>
		<p><b>Aquafit</b> Shallow &amp; Deep Water DDH 10:05-10:50am</p>	<p><b>Yoga</b> RP 12:00-1:00pm <b>No Class 14 May</b></p>	
<p><b>Barre</b> RP 5:15-6:00pm</p> <p><b>ABC(Abs, Bootie, Cardio)</b> AFC 5:15-6:00pm</p>	<p><b>Strength &amp; Conditioning</b> AFC 5:15-6:00pm</p>	<p><b>Kettlebell Krush</b> AFC 5:15-6:00pm</p> <p><b>Power Yoga</b> RP 5:15-6:00pm</p>	<p><b>Bootcamp</b> AFC 5:15-6:00pm</p>	<p><b>PROTOCOLS</b></p> <ol style="list-style-type: none"> <li>1. Minimum of 3 and maximum of 20 people per in-person class. First come, first serve basis.</li> <li>2. Participants must present a valid PSP Plan card or pay the \$15 drop in fee and sign in for each class.</li> <li>3. Participants are required to bring their own yoga/pilates mats.</li> </ol>
			<p><b>Spin</b> DDH 6:15- 7:00pm</p>	

**Fitness classes will not be offered Monday, 18 May.**

**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

