

PSP Gagetown Fitness Class Offerings Spring / Summer 2026

All classes are booked at the top of the hour for a 45 minute class. Units are requested to arrive at the facility 15 minutes prior to their scheduled booking.

Classes are subject to instructors' availability and may need to be modified on short notice if staff is unavailable.

<u>Mobility</u>	<ul style="list-style-type: none"> • Yoga • Foam rolling and stretching <p>Max 50 ppl.</p>
<u>Circuit</u>	<ul style="list-style-type: none"> • Upper • Lower • Speed and Agility • Strength • FORCE Test Prep • Bodyweight • Kettlebell Class • Core <p>Max 50 ppl.</p>
<u>Intro Learning Seminars</u>	<ul style="list-style-type: none"> • Intro to Lifting • Exercise Technique <ul style="list-style-type: none"> - Lower - Upper • Alternatives to Common Exercises • Running Technique <p>Max 30 ppl.</p>
<u>Rock Climbing</u>	<p>(This is a 2 hour booking)</p> <p>Max 14 ppl</p>
<u>Pool</u>	<p>(Can be just one option from the Pool list or a combination of the options below.)</p> <ul style="list-style-type: none"> • Circuit (laps, treading, brick work, etc.) • Water Polo • Swim Techniques <p>Max 50 ppl.</p>
<u>Spin</u>	<p>(Max 20 ppl.)</p>
<u>Kickboxing</u>	<p>(Max 50 ppl).</p>

