

PSP PETAWAWA COMMUNITY RECREATION

FEBRUARY FITNESS SCHEDULE

EFFECTIVE 3 FEBRUARY - 2 MARCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Yoga-RP 9:30-10:30am | Muscle Pump-RP 9:30-10:30am | Yoga-RP 9:30-10:30am | Muscle Pump-RP 9:30-10:30am | Tots and Squats-RP 9:00-10:00am |
| | Aquafit-DDH 10:05-10:50am | Family Fitness-RP 10:35-11:15am | Aquafit-DDH 10:05-10:50am Water Recovery-DDH 11:00-11:30am | |
| Booty Blueprint-AFC 5:15-6:00pm Power Pilates -RP 5:15-6:00pm | Bootcamp-DDH 5:15-6:00pm | Circuit Training-AFC 5:00-5:45pm Power Yoga-RP 5:15-6:00pm | ABC(Abs, Bootie, Cardio) DDH 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. |
| Core Conditions- AFC 6:15-7:00pm | HIIT Happens DDH Spin Room 6:00-6:45pm Deep Water Aquafit-DDH 8:05-8:50pm | Power Hour-AFC 6:15-7:00pm | Spin-DDH 6:15-7:00pm Strength & Stretch AFC 6:15-7:00pm | |

RP- Recreation Complex DDH-Dundonald Hall

AFC- Army Fitness Center

Fitness classes are FREE with PSP Plan
or \$15 for Non PSP Plan

No Classes- 17 February

This schedule is subject to change



Recreation Fitness Class Descriptions

Yoga: This class combines physical posture, breath control, and meditation. Yoga improves flexibility, increased strength, better posture, reduced stress and enhanced mental clarity.

Power Yoga: A vigorous, energetic, and challenging style of yoga that focuses on building strength, flexibility and endurance.

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.

Power Pilates : This is a low-impact, high intensity workout that focuses on endurance, intervals, and recovery.

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

Aquafit: This is a low-impact, resistance training water workout that will help improve muscle tone and cardiovascular fitness.

Deep Water Aquafit: This class is performed in deep water with a flotation device. It is a low impact aerobics workout that focuses on muscular strength, endurance and balance.

Water Recovery: This class focuses on deeper, more relaxing stretching using the buoyancy and low impact of the water to help stretch tight muscles. This workout is perfect for individuals training, or recovering from an injury

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

Tots and Squats: Get moving and socialize with your baby, toddler and beyond! This class is meant to be a space for caregivers to exercise in an all level friendly, full body fitness class.

HIIT Happens: This is a high intensity, no equipment class focused on getting you sweaty and energized. This is an easy to follow class with low impact modifications for all moves. Great for all fitness levels.

Core Conditions: high volume strength training combined with aerobic training intervals with an emphasis on core development

Power Hour: heavy compound lifts (squat, bench, deadlift) followed by accessory movements and explosive power circuit training

Circuit Training: A form of body conditioning that can include endurance training, resistance training and high intensity aerobics.

ABC: This is a strength and muscular endurance workout designed to be fun and high intensity while targeting your abs and booty and improving your cardiovascular fitness.

Booty Blueprint: This is a lower body strength class that focuses on muscular development of the glutes.

Strength & Stretch: This is a function fitness class that targets all of your muscles with a strength training workout followed by a relaxing stretch workout.

