

PSP PETAWAWA COMMUNITY RECREATION

JANUARY FITNESS SCHEDULE

EFFECTIVE 6 JANUARY - 2 FEBRUARY

Monday

9:30-10:30am

Beginner Yoga-RP

Tuesday

9:30-10:30am

Muscle Pump-RP

Wednesday

9:30-10:30am

Gentle/Yin Yoga-RP

Thursday

9:30-10:30am

Muscle Pump-RP

Friday

9:00-10:00am

Tots and Squats-RP

10:05-10:50am

Aquafit-DDH

10:35-11:15am

Family Fitness-RP

10:05-10:50am

Aquafit-DDH

5:15-6:00pm

Super Strength-AFC

5:15-6:00pm

Bootcamp-DDH

5:15-6:00pm

Circuit Training-AFC

5:15-6:00pm

ABC(Abs, Bootie, Cardio) Core Conditions- AFC
DDH

5:15-6:00pm

Power Pilates -RP

5:15-6:00pm

Power Yoga-RP

6:15-7:00pm

Bootcamp-AFC

6:00-6:45pm

HIIT Happens
DDH Spin Room

6:15-7:00pm

Power Hour-AFC

6:15-7:00pm

Spin-DDH

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.

RP- Recreation Complex DDH-Dundonald Hall

AFC- Army Fitness Center

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

2025

This schedule is subject to change



Recreation Fitness Class Descriptions

Beginner Yoga: A blend of Hatha Yoga with standing, seated and mat poses.

Gentle/ Yin Yoga: A slow and gentle Yoga practice with only seated and mat poses.

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 workout that will help improve muscle tone and cardiovascular fitness.

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

Super Strength: This class is designed to develop your full body strength and athleticism. Dial into proper form and challenge yourself with weights.

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.

