

PSP PETAWAWA COMMUNITY RECREATION DROP IN  
FITNESS SCHEDULE



# FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-9:55am Aquafit DDH	9:00-9:55am Aquafit DDH	9:00-9:55am Aquafit DDH		9:30-10:30am Muscle Pump RP
9:45-10:45am Muscle Pump RP**	9:45-10:45am HIIT & LIFT RP**	9:45-10:45am Work It Circuit RP- gym** /	9:45-10:45am Muscle Pump RP**	9:45-10:45am Yoga RP	10-10:50am Spin DDH
	10-10:55am High Intensity Aquafit DDH	9:45-10:45am Yoga RP-studio**	10-10:55am High Intensity Aquafit DDH		
6:00-6:50pm Spin DDH	6:00-7:00pm Boot Camp AFC	6:00-7:00pm Muscle Pump RP	6:00-7:00pm Boot Camp AFC		
7:30-8:30pm Yoga Blend RP	6:00-7:00pm Zumba DDH Spin Room	6:00-6:50pm Spin DDH	6:00-7:00pm Zumba DDH Spin Room		
	8:00-8:55pm Aquafit DDH		8:00-8:55pm Aquafit DDH		

**Do you have little ones at home with you? Bring them with you and access our on site childminding! Available at the Rec Plex for Mon - Thur 9:45-10:45am classes. Fees apply, preregistration is encouraged to guarantee your spot.\*\***

**RP:**Recreation Complex    **DDH:**Dundonald Hall    **AFC:**Army Fitness Centre