

# PSP PETAWAWA COMMUNITY RECREATION FITNESS SCHEDULE 06 APRIL TO 30 APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00am Muscle Pump Full Body <b>Virtual</b>		10:00-11:00am Muscle Pump Full Body <b>Virtual</b>		10:00-11:0am Stretch & Stability <b>Virtual</b>
	6:30-7:30pm Body Blast <b>Virtual</b>	7:00-8:00pm Zumba <b>Virtual</b>	6:30-7:30pm Body Blast <b>Virtual</b>	

**ALL VIRTUAL CLASSES ARE BEING HOSTED ON MICROSOFT TEAMS**

### **Virtual Classes**

1. Registration for classes will open Saturday for the week.
2. Free to active PSP Plan Members (old CAC program)
3. Non PSP Plan holders - \$10/class
4. Registration closes as hour before class starts.
5. A link to the class will be emailed to all participants an hour before class.
6. You will need a working electronic device with working camera and speakers to stream from.
7. A mat or towel and enough free space to workout in.

**[online.psppetawawa.com](http://online.psppetawawa.com)**

