

PSP PETAWAWA COMMUNITY RECREATION FITNESS SCHEDULE 06 APRIL TO 20 MAY

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00am Muscle Pump Full Body Virtual		10:00-11:00am Muscle Pump Full Body Virtual		10:00-11:0am Stretch & Stability Virtual
6:30pm-7:30pm Cardio and Flexibility Virtual	6:30-7:30pm Body Blast Virtual	7:00-8:00pm Zumba Virtual	6:30-7:30pm Body Blast Virtual	6:30pm-7:30pm Cardio and Flexibility Virtual

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 an 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

