



**PSP PETAWAWA COMMUNITY RECREATION  
FITNESS SCHEDULE**

**17 FEB - 27 MAR 2021**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**10-10:45am**

**Muscle Pump**

**Legs & Shoulders**

**RP - Gym**

**10-10:45am**

**Muscle Pump**

**Upper Body &**

**Core**

**RP - Gym**

**10-10:45am**

**Muscle Pump**

**Full Body**

**RP- Gym**

**10-10:45am**

**Muscle Pump**

**Legs & Shoulders**

**RP - Gym**

**10-10:45am**

**Muscle Pump**

**Upper Body &**

**Core**

**RP - Gym**

**10-10:30am**

**Muscle Pump**

**Full Body**

**RP - Studio**

**11:45am-12:30pm**

**Yoga**

**RP - Studio**

**11:45am-12:30pm**

**Essentrics**

**RP - Studio**

**6:30-7:30pm**

**Body Blast**

**Virtual**

**7-8pm**

**Zumba**

**Virtual**

**6:30-7:30pm**

**Body Blast**

**Virtual**

**RP:Recreation Complex**

**In Person Classes**

1. Pre-registration available 24 hrs before class timing
  2. Free to active PSP Plan Members (formerly CAC program)
  3. Non PSP Plan holders - \$10/class
  4. COVID Protocols as below
  5. Change rooms are not available, please arrive ready to work out.
- [www.online.psppetawawa.com](http://www.online.psppetawawa.com)

**COVID PROTOCOLS**

1. Do NOT enter the facility if you are experiencing symptoms of COVID or have tested positive for COVID.
2. Completion of a COVID screening form must be completed for each participant prior to entering the facility.
3. Individuals who do not pass the screening will not be eligible to enter the facility.
4. Masks must be worn at all time while in the facility, except once you are within your work out Pod.
5. Use of hand sanitizer upon arriving at the facility is mandatory.
6. Social distancing of 6 ft must be maintained within the facility for non-family individuals.
7. You will be required to sign in to the facility to enable contact tracing.
8. No personal belongings in the facility with the exception of keys/phone, water bottle & clean shoes.