



This Schedule starts Monday, September 27th, 2021
 P E T E R B O R O U G H (B A L S I L L I E) Y M C A



ALL CLASSES ARE MAXIMUM OF 45 MINUTES

Members only. 12 years of age and up at this time. Masks must be worn.

OUTSIDE	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
CYCLEFIT	6:15 AM CYCLE FIT		7:00 AM YOGA		6:15 AM CYCLE FIT	8:15 AM CYCLE FIT
SCULPT & TONE						
CORE FIT	9:00 AM SCULPT & TONE	9:00 AM TOTAL BODY BLAST	9:00 AM CARDIO SCULPT	9:00 AM SIMPLY STRENGTH	9:00 AM CARDIO CORE	9:30 AM SIMPLY STRENGTH
YOGA						
TOTAL BODY BLAST	10AM COREFIT	10:00 AM STRETCH & STRENGTH	10:00 AM KRIPALU YOGA	10:00 AM KRIPALU YOGA	10:00 AM STRETCH & STRENGTH	
STRENGTH & STRETCH		11 AM CHAIR YOGA		11 AM CHAIR YOGA		
BOOTCAMP						
CHAIR YOGA	12:15 PM CYCLE FIT	12:15PM OUTDOOR BOOTCAMP	12:15 PM SCULPT & TONE	12:15 PM CARDIO CORE		
SIMPLY STRENGTH	5:30PM CYCLE FIT					
CARDIO SCULPT WITH CORE	7:00PM YOGA	6:30 PM CYCLE FIT				

Fitness Class
 Questions -
 email
Jennifer.Penhale@ceo.ymca.ca or
 call 705-748-9642
 X231

MASKS MUST BE WORN INTO THE Y, CHANGE ROOMS, WALKING TO CLASS/ MACHINES BUT CAN BE REMOVED WHILE ACTIVELY EXERCISING