



This Schedule starts Monday, November 8th, 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



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

	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
CHAIR YOGA						
YOGA (1hr)	10AM COREFIT	10:00 AM STRETCH & STRENGTH	10:00 AM KRIPALU YOGA	10:00 AM KRIPALU YOGA	10:00 AM STRETCH & STRENGTH	
KRIPALU YOGA (1hr)						
TOTAL BODY BLAST		11:15 AM CHAIR YOGA		11:15 AM CHAIR YOGA		
STRETCH & STRENGTH	12:15 PM CYCLE FIT	12:15PM BOOTCAMP	12:15 PM SCULPT & TONE	12:15 PM CARDIO CORE		
BOOTCAMP						
SIMPLY STRENGTH	5:30PM CYCLE FIT					
CARDIO CORE	6:45 PM YOGA	6:30 PM CYCLE FIT	6:00 PM CYCLE FIT	7:00 PM ZUMBA (registered class)		

Fitness Class Questions -  
 email  
[Jennifer.Penhale@ceo.ymca.ca](mailto:Jennifer.Penhale@ceo.ymca.ca)  
 or  
 call 705 -748 -9642 X231