



Schedule starts Monday June 6th , 2022



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

	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 SIMPLY STRENGTH	9:00 AM CARDIO SCULPT	9:00 AM STRENGTH & CARDIO	9:30 AM SIMPLY STRENGTH
CHAIR YOGA	10AM COREFIT	10:00 AM STRETCH & STRENGTH	10:00 AM STRETCH & STRENGTH	10:00 AM YOGA	10:00 AM STRETCH & STRENGTH	
YOGA (1hr)						
TOTAL BODY BLAST		11:15 AM CHAIR YOGA		11:15 AM CHAIR YOGA	11:30 AM FALLS PREVENTION	
STRETCH & STRENGTH	12:15 PM CYCLE FIT	12:15 PM BOOTCAMP	12:15 PM SCULPT & TONE	12:15 PM CARDIO CORE		
BOOTCAMP	5:30PM CYCLE FIT		NEW! 5:00 PM BOOTCAMP			
SIMPLY STRENGTH						
CARDIO CORE	6:45 PM YOGA	6:30 PM CYCLE FIT				

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

*12 years of age and up at this time