

Group Fitness Schedule

Starting Monday, January 23rd, 2023

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	6:15 AM BOOTCAMP	7:00 AM YOGA	8:00 AM CHAIR FIT	6:15 AM CYCLE FIT	
SCULPT & TONE						8:15 AM CYCLE FIT+
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	
CHAIR YOGA						
YOGA (1hr)	10:00 AM COREFIT	10:00 AM STRETCH & STRENGTH	10:00 AM STRETCH & STRENGTH	10:00 AM YOGA	10:00 AM STRETCH & STRENGTH	9:30 AM SIMPLY STRENGTH
TOTAL BODY BLAST						
STRETCH & STRENGTH		11:15 AM CHAIR YOGA		11:15 AM CHAIR YOGA	11:00 AM BODIES IN BALANCE	
BOOTCAMP	12:15 PM CYCLE FIT	12:15 PM BOOTCAMP	12:15 PM SCULPT & TONE	12:15 PM CARDIO CORE	11:30 AM FALLS PREVENTION	
SIMPLY STRENGTH			1:00 PM IN MOTION			
CARDIO CORE	5:30PM CYCLE FIT	5:00 PM TURF TIME	5:00 PM BOOTCAMP	5:00 PM HIIT		
	6:45 PM YOGA	6:00 PM CYCLE FIT	6:10PM CYCLE FIT	6:15 PM YOGA		
			7:00 PM ZUMBA (registered)			

Fitness Class Questions -
email
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or call 705-748-9642 X231