



Spring Session April 3- June 12, 2023

PETERBOROUGH (BALSILLIE) YMCA



\*Members must register for classes on Picktime\*

	<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>	<b>SATURDAYS</b>
<b>GENTLEFIT</b>	8:00 AM GENTLE FIT Lynette	8:00 AM GENTLE FIT Tess	8:00 AM GENTLE FIT Lynette	8:00 AM GENTLE FIT Peter	8:00 AM GENTLE FIT Dylan	
<b>DEEP WATER AQUAFIT</b>	10:00 AM GENTLE FIT Gordon	10:00 AM GENTLE FIT Carly		10:00 AM GENTLE FIT Sydney	10:00 AM GENTLE FIT Reilly	
<b>AQUAFIT</b>	11:00 AM GENTLE FIT Terri-Lynn	11:00 AM GENTLE FIT Terri-Lynn	11:00 AM GENTLE FIT Reilly	11:00 AM GENTLE FIT Terri-Lynn	11:00 AM GENTLE FIT Gordon	
<b>AQUA YOGA</b>	12:05 PM DEEP-WATER AQUAFIT Shannon	12:00 PM GENTLE FIT Terri-Lynn	12:05 PM DEEP-WATER AQUAFIT Joy	12:00 PM GENTLE FIT Terri-Lynn	12:05 PM DEEP-WATER AQUAFIT Robert	12:15 PM GENTLE FIT Ben
	7:40 PM AQUA YOGA Shawndra		7:15 PM AQUAFIT Anna			

Maximum registration of three classes a week per person.

Participants must be at least 12 years of age.

Instructors subject to change.