





# GROUP FITNESS SCHEDULE

Starting Monday, September 11, 2023  
PETERBOROUGH (BALSILLIE) YMCA



	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
CYCLEFIT	6:15 am CYCLE FIT		7:00 am YOGA		6:15 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	8:15 am CYCLE FIT+
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	11:15am MEDITATION 	11:15 am CHAIR YOGA	11:00 am BODIES IN BALANCE	
BOOTCAMP		12:15pm BOOTCAMP	12:15 pm SCULPT & TONE		11:30 am FALLS PREVENTION	
SIMPLY STRENGTH	5:30pm CYCLE FIT		1:05 pm IN MOTION	5:00 pm HIIT 		
CARDIO CORE	6:45 pm YOGA		5:00 pm BOOTCAMP			

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