



GROUP FITNESS SCHEDULE



Starting Monday, March 25th 2024

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 TRX <i>*PLEASE SIGN UP AT DESK EACH TUESDAY</i>	9:00 am SIMPLY STRENGTH	9:00 am CARDIO SCULPT	9:00 am INSTRUCTORS CHOICE	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	12:15pm CYCLE FIT	11:15 am CHAIR YOGA	NEW 11:15 am 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			1:05 pm IN MOTION		12:15pm BOOTCAMP	
	5:30pm CYCLE FIT	6:15pm CYCLE FIT	5:00 pm BOOTCAMP			
	6:45 pm YOGA		6:00pm CYCLE FIT	6:00 pm POWER PUMP		
	7:00 pm TURF TIME					

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