



GROUP FITNESS SUMMER SCHEDULE

Starting Tuesday, July 2nd 2024

PETERBOROUGH (BALSILLIE) YMCA



	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
CYCLEFIT	6:15 am CYCLE FIT	8:00 am YOGA	7:00 am YOGA		6:15 am CYCLE FIT	
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+
CORE FIT	9:00 am SCULPT & TONE					
CHAIR YOGA		10:00 am STRETCH & STRENGTH	10:00 am STRETCH & STRENGTH	10:00 am YOGA	10:00 am STRETCH & STRENGTH	
YOGA (1hr)	10:00 am COREFIT					9:30 am SIMPLY STRENGTH
TOTAL BODY BLAST		11:15 am CHAIR YOGA	11:15 am MEDITATION	11:15 am CHAIR YOGA	11:00 am BODIES IN BALANCE & FALLS PREVENTION	
STRETCH & STRENGTH						
BOOTCAMP		12:15pm BOOTCAMP	12:15 pm SCULPT & TONE		12:15pm BOOTCAMP	
SIMPLY STRENGTH	5:30pm CYCLE FIT	6:15pm CYCLE FIT	5:00 pm BOOTCAMP		7:30pm FLEX FRIDAY	
	6:45 pm YOGA	7:15 pm YOGA	6:00pm CYCLE FIT	6:00 pm POWER PUMP		
	7:00 pm TURF TIME					

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