



GROUP FITNESS FALL SCHEDULE

Starting Tuesday, October 15th, 2024

PETERBOROUGH (BALSILLIE) YMCA



MONDAYS

6:15 am
CYCLE FIT

9:00 am
SCULPT & TONE

10:00 am
COREFIT

12:15 pm
INSTRUCTORS
CHOICE

5:30pm
CYCLE FIT

6:45 pm
YOGA

6:30pm
TURF TIME

TUESDAYS

9:00 am
TRX

**PLEASE SIGN UP AT
DESK EACH TUESDAY*

10:00 am
STRETCH &
STRENGTH

11:15 am
CHAIR YOGA

12:15pm
BOOTCAMP

6:15pm
CYCLE FIT

NEW
7:15-8:30pm
REGISTERED
YOGA

WEDNESDAYS

7:00 am
YOGA

9:00 am
SIMPLY STRENGTH

10:00 am
YOGA

12:15 pm
SCULPT & TONE

1:05 pm
IN MOTION

5:30 pm
SIMPLY STRENGTH

THURSDAYS

9:00 am
CARDIO SCULPT

10:00 am
STRETCH &
STRENGTH

11:15 am
CHAIR YOGA

12:15 pm
TOTAL BODY
BLAST

5:30 pm
POWER PUMP

NEW
7:00 pm
ZUMBA (registered)

FRIDAYS

6:15 am
CYCLE FIT

9:00 am
INSTRUCTORS
CHOICE

10:00 am
STRETCH &
STRENGTH

11:00 am
BODIES IN BALANCE
& FALLS
PREVENTION

12:15pm
BOOTCAMP

6:00pm
FLEX FRIDAY

SATURDAYS

8:15 am
CYCLE FIT+

9:30 am
SIMPLY STRENGTH

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

***extra fee required for Registered Yoga and Zumba*

***please register at membership desk*