




GROUP FITNESS FALL SCHEDULE

Starting Monday, January 6th, 2025

PETERBOROUGH (BALSILLIE) YMCA



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6:15 am CYCLE FIT		7:00 am YOGA		6:15 am CYCLE FIT	
9:00 am SCULPT & TONE	9:00 am TRX <i>*PLEASE GET TAG 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+
10:00 am COREFIT	10:00 am STRETCH & STRENGTH	 11:15 am IN MOTION	10:00 am STRETCH & STRENGTH	10:00 am STRETCH & STRENGTH	9:30 am SIMPLY STRENGTH
12:15 pm INSTRUCTORS CHOICE	11:15 am CHAIR FIT	12:15 pm SCULPT & TONE	11:15 am CHAIR YOGA	11:00 am BODIES IN BALANCE & FALLS PREVENTION	
5:30pm CYCLE FIT	12:15pm BOOTCAMP	5:30 pm SIMPLY STRENGTH	12:15 pm TOTAL BODY BLAST	12:15pm BOOTCAMP	
6:45 pm YOGA	6:15pm CYCLE FIT		5:30 pm POWER PUMP	6:00pm FLEX FRIDAY	
6:30pm TURF TIME			**7:00 pm** ZUMBA		

***extra fee required for Zumba*

***please register at desk*

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