

April 8 – June 30

Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	8:15 - 9:00 am Aqua Fitness Leisure Pool Carole	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	8:15 - 9:00 am Aqua Fitness Leisure Pool Carole	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Megan D	8:05 - 8:50 am Aqua Fitness Leisure Pool Rachael/Sarah	8:05 - 8:50 am Aqua Fitness Leisure Pool Kim
8:15 - 9:00 am Deep Water Run Leisure Pool Rachael		8:15 - 9:00 am Deep Water Run Leisure Pool Anne		8:15 - 9:00 am Deep Water Run Leisure Pool Anne		
9:00 - 9:45 am Aqua Fitness Leisure Pool Amarilis	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amarilis	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Megan D	<p>Aquatic Shut down April 1 – 7</p> <p>Fitness classes are NOT offered on the following days: Fri. April 19 Mon. April 22 Mon. May 20 Mon. July 1</p> <p>Sign up anytime for one of our Specialty Fitness Programs 50% Discount for PSWC Members</p> <p>Chair Yoga Zumba Gold Tai Chi Zumba Strong Mindful Meditation SUP Yoga Night Club Two Step West Coast Swing Salsa Zumba TIME Baby & Me Bootcamp Strollercize Baby & Me Aqua Fit</p> <p>Please obtain an Aqua fitness ticket at the reception desk to ensure space is available in the class you wish to attend. Please be aware the Centre strives to be a fragrance-free facility.</p> <p>Everyone must shower before entering the pool. (Reg. 565.s.s15.)</p> <p>*Instructors are subject to change.</p> <p>705 742 0050 peterborough.ca/pswc 775 Brealey Dr</p>	
9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Melissa	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Melissa	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Anne	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Sarah	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne		
9:45 - 10:30 am Aqua Fitness Leisure Pool Amarilis	9:45 - 10:30 am Aqua Fitness Leisure Pool Teri	9:45 - 10:30 am Aqua Fitness Leisure Pool Sarah	9:45 - 10:30 am Aqua Fitness Leisure Pool Anne	9:45 - 10:30 am Aqua Fitness Leisure Pool Megan D		
10:00 - 10:30 am Aqua Yoga Therapy Pool Melissa	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Aqua Yoga Therapy Pool Anne	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Gentle Aqua Fit Therapy Pool Anne		
10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Teri	10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Anne	10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Sarah	10:30 - 11:00 am Aqua Post Rehab Therapy Pool Anne			
1:30 - 2:15 pm Aqua Fitness Leisure Pool Rachael	1:30 - 2:15 pm Aqua Fitness Leisure Pool Stacy	1:30 - 2:15 pm Aqua Fitness Leisure Pool Melissa	1:30 - 2:15 pm Aqua Fitness Leisure Pool Greg			
2:15 - 3:00 pm Gentle Aqua Fit Therapy Pool Rachael	2:15 - 3:00 pm Gentle Aqua Fit Therapy Pool Stacy	2:15 - 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	2:15 - 3:00 pm Gentle Aqua Fit Therapy Pool Melissa			
	6:15 - 7:00 pm Aqua Fitness Leisure Pool Teri		6:15 - 7:00 pm Aqua Zumba Leisure Pool Amarilis			
8:00 - 8:45 pm Aqua HIIT Leisure Pool Amarilis						

April 1 – June 30

Land Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30 - 7:15 am Cycling Aerobic Studio Denis		6:30 - 7:15 am Cycling Aerobic Studio Anne		6:30 - 7:15 am Cycling Aerobic Studio Denis	8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky			
9:15 - 10:15 am Low & Sculpt Gym C Rachael	9:15 - 10:15 am Stretch & Strength Gym C Sarah	9:15 - 10:15 am Low & Sculpt Gym C Rachael	9:15 - 10:15 am Stretch & Strength Gym C Dee	9:15 - 10:15 am Low & Sculpt Gym C Sarah	9:15 - 10:15 am Bootcamp Aerobic Studio Rachael/Sarah	9:00 - 10:00 am Cardio Core Aerobic Studio Kim		
9:30 - 10:45 am Hatha Yoga MPR B/C Donna	10:45 - 11:45 am Pilates Aerobic Studio Janice	10:30 - 11:45 am Hatha Yoga MPR B/C Janette	10:30 - 11:30 am PilatYcore Aerobic Studio Dee	9:30 - 10:45 am Hatha Yoga Aerobic Studio Donna	10:30 - 11:45 am Yoga Aerobic Studio Rotational			
12:10 - 12:55 pm HIIT Aerobic Studio Rachael	12:10 - 12:55 pm Bands, Bars & Balls Aerobic Studio Stacy	12:10 - 12:55 pm Total Body Conditioning Aerobic Studio Sarah	12:10 - 12:55 pm Bands, Bars & Balls Aerobic Studio Ryan		<p>Fitness classes are NOT offered on the following days: Fri. April 19 Mon. April 22 Mon. May 20 Mon. July 1</p> <p>Child Minding Service Age: 6 weeks to 12 years Spring Hours 2019 (April 7 to June 30)</p> <p>Monday to Friday 8:30 am – 1:00 pm</p> <p>Monday to Friday 4:00 – 7:30 pm</p> <p>Saturday & Sunday 9:00 am – 12:30 pm Hours subject to change.</p> <p>Fees Included in family, child, and one-adult family memberships. Members may also purchase a one-month unlimited use pass for \$25.00. \$7 / visit / child for other membership types \$9 / visit / child for non-members</p> <p>Maximum two-hour stay per visit. Closed on posted holidays.</p> <p>For a complete list of Centre policies, please see our website, or Reception Desk for print version.</p> <p>705 742 0050 peterborough.ca/pswc 775 Brealey Drive</p>			
	1:30 - 2:00 pm Osteo Fit Aerobic Studio Melissa	1:00 – 2:00 pm Sit & Be Fit Functional Fitness Aerobic Studio Anne	1:30 - 2:00 pm Osteo Fit Aerobic Studio Melissa					
			4:30 - 5:15 pm Total Body Conditioning Aerobic Studio Greg	4:30 - 5:15 pm HIIT Aerobic Studio Ryan				
5:30 – 6:15 pm Cycling Aerobic Studio Rachael	5:30 - 6:25 pm Total Body Conditioning Aerobic Studio Greg	5:30 - 6:15 pm Cycling Aerobic Studio Denis/Becky	5:30 - 6:25 pm Power Pilates Aerobic Studio Janice					
6:00 - 6:55 pm Bootcamp Gym A Ryan	6:00 - 6:55 pm Bootcamp Gym A Debbie	6:00 - 6:55 pm Bootcamp Gym A Ray	6:00 - 6:55 pm Bootcamp Gym A Ray					
6:15 - 7:00 pm HIIT Aerobic Studio Teri	6:35 - 7:50 pm Hatha Yoga Aerobic Studio Jodie		6:35 - 7:50 pm Hatha Yoga Aerobic Studio Jodie					
		7:15 - 8:15 pm Cardio Core Aerobic Studio Megan						