



GROUP FITNESS SCHEDULE

Effective: August 24, 2020 – October 11, 2020

Schedule subject to change. Contact Leisure Centre at 905-642-PLAY (7529) or www.townofws.ca for most current schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:30 am Cardio & Strength	10:30-11:30 am Forever Fit Outi	10:30-11:30 am Yoga Brittany	10:30-11:30 am Cardio & Strength	10:30-11:30 am Forever Fit	8:30-9:30 am Cardio & Strength Criss	8:30-9:30 am Cardio & Strength Sonya
6:30-7:30 pm Forever Fit Marie	6:30-7:30 pm Cardio & Strength Jennifer	6:30-7:30 pm Forever Fit Joanne	6:30-7:30 pm Cardio & Strength Sonya			

ALL TIME SLOTS WILL BE ONLINE REGISTRATION ONLY

In order to meet the physical distancing requirements and provide a safe environment, registration is limited to 9 Participants

Register early to avoid disappointment

Instructors may be substituted on occasion

Group Fitness Fee*	Adult (18+ years)	Senior (60+ years)	Youth (14 – 17 years)
	\$9.48	\$7.16	\$7.16

***NON-REFUNDABLE, includes HST**

Covid-19 Procedures

- **ONLINE** registration is required
- **If you feel unwell do not attend class**
- Arrive dressed to exercise
- Bring only essential personal belongings with you, belongings will be stored in a plastic tote and carried with you
- Bring a water bottle, fill stations are available, however fountains are not operational
- Check in at south entrance **MAXIMUM** 5 minutes before your class time
- Class will be 55 minutes in length allowing 5 minutes for pre class organization
- Don mask upon entering facility, **masks are required except while exercising**
- Locker areas and changerooms will **NOT BE AVAILABLE**
- Always maintain social distancing and respect the space of others

Cleaning Process

We have adjusted our cleaning practices to adhere to government guidance, making sure it is safe and effective putting the safety of our customers and employees at the forefront of what we do.

Patrons should disinfect hands upon entering and leaving class

Facility cleaning occurs during before and after each class.
Please arrive on time to facilitate this process

