



SUMMER FITNESS PROGRAMS IN THE PARK

Join Us Outside

As the fitness centre remains closed for the foreseeable future, we are taking our programs outside. Learn to Run, Boot Camp, cycling programs and personal training are available. Class sizes will be limited to 10 (9 plus the instructor) and physical distancing will be encouraged for everyone's safety. Programs will start the week of July 20. Registration opens on July 6.

Please visit [WS Play online](#) for more details.



Boot Camp

Learn to Run

Stroller Fit

Sprockids & Family –
Community Cycling
Safety

Cycling 101 – Cycling
Skills for Fitness and
Commuting

Personal Training

WS FITNESS

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