

Effective: Sept. 7 – Oct. 31, 2021



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 – 9:40 am Cycle Fit Woody	8:45 – 9:40 am Circuit Sonya	8:45 – 9:40 am Cardio & Cond. Sandra J	8:45 – 9:40 am Cycle Fit Brittany	8:45 – 9:40 am Cardio & Cond. Sandra J	8:15 – 9:10 am Boot Camp Jenn	8:15 – 9:10 am Cycle Fit Sandra J
10:05 – 11:00 am Forever Fit Joanne	10:05 – 11:00 am Forever Fit Outi	10:05 – 11:00 am Forever Fit Woody	10:05 – 11:00 am Forever Fit Outi	10:05 – 11:00 am Muscle Condition Sonya	8:15 – 9:10 am Cycle Fit Sandra	9:30 – 10:25 am Muscle Condition Jenn
6:30 – 7:25 pm Forever Fit Marie	6:30 – 7:25 pm Boot Camp Jenn	6:30 – 7:25 pm Cycle Fit Sandra J	6:30 – 7:25 pm Body Circuit Sandra J		9:30 – 10:25 am Outdoor Cardio Salsa Giselle	
7:45 – 8:40 pm Zumba Garlice	7:45 – 8:40 pm Muscle Condition Jenn	7:30 – 8:25 pm Outdoor Cardio Salsa Giselle	7:45 – 8:40 pm Cycle Fit Sandra J			

AQUAFIT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 9:50 am Sonya	9:00 – 9:50 am Outi	9:00 – 9:50 am Marnie	9:00 – 9:50 am Outi	9:00 – 9:50 am Sonya	9:30 -10:20 am Lori	9:30 -10:20 am Sandra J
10:10 – 11:00 am Woody	10:10 – 11:00 am Sonya	10:10 – 11:00 am Marnie	10:10 – 11:00 am Brittany	10:10 – 11:00 am Sandra		
	7:00 – 7:50 pm Joanne		7:00 – 7:50 pm Lori			

Schedules subject to change. Classes may be added as demand increases.

Contact Leisure Centre at 905-642-PLAY (7529) or [WS Play Online / Calendar](#) for most current schedules.

FIT TOGETHER MEMBERSHIP Includes aquafit and group fitness classes and training room	Membership		Per Visit
	Monthly Auto-Renew	12 Month	
Adult (18 – 59 years)	\$41.90	\$460.92	\$8.63
Youth (14 – 17 years) Senior (60+ years)	\$31.43	\$345.70	\$6.64

HST applies to all fees

Covid-19 Admittance Procedures

- **All classes require registration, capacity is limited**
- **Active screening will be required as you check in. If you feel unwell do not attend class**
- Arrive dressed to exercise.
- Limited changeroom access is available for Aquafit but is **NOT AVAILABLE for Group Fitness**
- Bring only essential personal belongings with you, belongings will be stored in a plastic tote
- Bring a water bottle; fill stations are available, however fountains are not operational
- Check in at the fitness desk **for GROUP FITNESS** or reception **(East Entrance) for AQUAFIT**
- Arrive **MAXIMUM** 10 minutes before your class time
- Don mask upon entering facility, **masks are required except while exercising**
- Always maintain 2 meter 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.

