

OPEN

**Outdoor Fitness Classes in Memorial Park
& Virtual Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	VIRTUAL Forever Fit 9:45-10:45 am Outi		VIRTUAL Forever Fit 9:45-10:45 am Outi		OUTDOOR Boot Camp 8:00-9:00 am Jenn M.
OUTDOOR Forever Fit 6:30-7:30 pm Marie	Boot Camp 6:30-7:30 pm Jenn M.	OUTDOOR Cardio Salsa 7:30-8:30 pm Giselle	OUTDOOR Circuit Training 6:30-7:30 pm Sandra J.		OUTDOOR Cardio Salsa 9:30-10:30 am Giselle

**COMING
SOON!**

**Leisure Centre Re-opening
Friday July 23 (tentative)**

**Indoor Group Fitness & Cycle Fit;
Aquafit & Swimming; Fitness Training Room**

**WS Fit Together Membership available or Pay-As-You-Go
Registration is required. Schedules and Membership online at
www.townofws.ca / Active**

**Contact leisure.services@townofws.ca or 905-642-7529
for details or to set up an account**