

FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



Welcome Back Fitness Enthusiasts!

As of Friday, July 23 the fitness centre has reopened. It has been amazing to see members back and we are looking forward to when more of you will be ready to join us. We are gradually and safely expanding services.

Previous **fitness memberships continue to be on hold**. Those with a membership on hold who wish to rejoin, can do so on a pay-as-you-go basis or by transferring the remaining portion to a **Fit Together Membership**. To do so, please contact barb.armstrong@townofws.ca. When transferring your membership, you will be required to choose between a Monthly Auto-Renew term (credit card payment) or an Annual term. The previous one-month fixed terms are not available until we are able to resume operations without reservations.

The Fit Together Membership includes all fitness related activities, including the fitness training room,

indoor and outdoor group fitness classes and aquafit classes.

Membership is available for purchase online or at the Leisure Centre customer service desk. **Ensure that you have an active Fit Together Membership prior to paying for reservations.**

To see the full schedule for fitness, group fitness and Aquafit, please visit the [Activity Calendars](#), selecting the activity that you are interested in. The summer schedule is also available on page 2.

Fall calendars will be available to view by August 20 with reservations beginning August 24. Look forward to more aquafit classes, expanded fitness times and more group fitness options.

Once registered there are a few things to consider when preparing for your visit. If possible, please complete the [Town of WS Self-Screening](#) on your phone and take a screen-shot of it before you arrive. You will show the instructor/fitness staff the green check mark with the date when you check-in.

Face coverings are required inside the building when you are not exercising. You may remove your face covering once you have reached your workout station but, must reapply when transitioning between workout stations. For the safety and comfort of all please respect 2-metre distancing. Locker rooms remain closed to the public, come dressed to work out. Washrooms are available near the south entrance across from the gymnasium. Bring a water bottle to hydrate, filling stations are available, but fountains are NOT available.

FITNESS SCHEDULES – AUGUST 12 – SEPTEMBER 5

Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:35-10:30 am Cycle Fit Woody	9:35-10:30 am Forever Fit Outi	9:35-10:30 am Cardio & Cond Sandra J	9:35-10:30 am Forever Fit Outi	9:35-10:30 am Cardio & Cond Sandra J	8:00-9:00 am Outdoor Boot Camp Jenn	8:30-9:25 am Cycle Fit Sandra J
6:30-7:25 pm Forever Fit Marie		6:30-7:25 pm Cycle Fit Sandra J			9:30-10:30 am Outdoor Cardio Salsa Giselle	
	6:30-7:30 pm Outdoor Boot Camp Jenn	7:30-8:30 pm Outdoor Cardio Salsa Giselle	7:00-8:00 pm Outdoor Body Circuit Sandra J			

Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:20 am Woody	8:30-9:20 am Outi	8:30-9:20 am Rachel	8:30-9:20 am Outi	8:30-9:20 am Sandra J	10:00-10:50 am Shannon	10:00-10:50 am Shannon
	8:30-9:20 pm Joanne		8:30-9:20 pm Sandra J			

Fitness Reservations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:15 am	6:00-7:15 am	6:00-7:15 am	6:00-7:15 am	6:00-7:15 am		
7:30-8:45 am	7:30-8:45 am	7:30-8:45 am	7:30-8:45 am	7:30-8:45 am	7:30-8:45 am	7:30-8:45 am
9:15-10:30 am	9:15-10:30 am	9:15-10:30 am	9:15-10:30 am	9:15-10:30 am	9:00-10:15 am	9:00-10:15 am
10:45-12:00 pm	10:45-12:00 pm	10:45-12:00 pm	10:45-12:00 pm	10:45-12:00 pm	10:45-12:00 pm	10:45-12:00 pm
12:30-1:45 pm	12:30-1:45 pm	12:30-1:45 pm	12:30-1:45 pm	12:30-1:45 pm	12:15-1:30 pm	12:15-1:30 pm
2:00-3:15 pm	2:00-3:15 pm	2:00-3:15 pm	2:00-3:15 pm	2:00-3:15 pm	1:45-3:00 pm	1:45-3:00 pm
3:45-5:00 pm	3:45-5:00 pm	3:45-5:00 pm	3:45-5:00 pm	3:45-5:00 pm		
5:15-6:30 pm	5:15-6:30 pm	5:15-6:30 pm	5:15-6:30 pm	5:15-6:30 pm		
7:00-8:15 pm	7:00-8:15 pm	7:00-8:15 pm	7:00-8:15 pm	7:00-8:15 pm		

Contact leisure.services@townofws.ca or 905-642-7529 for further details