



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE

Happy New Year! 2021

Happy New Year!

Happy New Year from all of us at the Fitness Centre! We are ecstatic to shake off the challenging year that was 2020, hopefully better things are on the horizon for 2021. Here at the fitness centre we are continuing to move forward with new and exciting programs. Ultimately, we would like to see the COVID-19 numbers improve so that we can re-open soon but, are committed to provide exciting fitness opportunities virtually. In December, we started with a few pop-up classes and are now expanding our offerings to include Forever Fit, Muscle Conditioning, Cardio Dance, Yoga and Body Boot Camp. Please visit [WS Play online](#) to access our full virtual programs schedule.

All Fitness Memberships Have Been Suspended

This is a little reminder that all memberships have been placed on hold. You will not lose time on your membership and no action is required on your part.

New! WS Fit Together Membership

The new WS Fit Together Membership is now available for purchase online. For those of you who wish to access multiple virtual programs each

week this is a great opportunity. This new membership will allow you to access all services available. Currently, this means that you would have access to all virtual classes. When the facility is permitted to re-open, along with virtual classes, you will also be able to access the fitness training room and in person Aquafit, Group Fitness and Cycle Fit classes. The new WS Fit Together Membership is available as a monthly auto-renew or on an annual plan. Those with existing memberships can request to have their current membership transferred or cancelled and utilize the remaining refund towards the purchase of the WS Fit together membership. Please contact [Barb Armstrong](#) or [Craig Baillie](#) if you have any questions or concerns.

Other Virtual Programs Coming Soon

We are very excited to be offering virtual group fitness classes but, are also considering other programs. Other ideas include:

Virtual Golf Conditioning – Get your game in shape this winter with a program designed to stretch and strengthen the legs core and shoulders. All the areas necessary for a solid golf swing.

Virtual At-Home Workout Design – Looking to kick start your New Year's resolution but, are unsure what to do. This virtual At-home program design is perfect for you. Schedule a 30-minute call with a trainer and let them know your goals, past workout experience, related injuries/medical issues and what equipment you have available. They will take that information, create a workout for you and

email it to you. You will then set-up another time to have your trainer go through each exercise in your program with you virtually (30-45 min).

Fit Breaks – Don't have the time or not sure you can do a full 45-minute class, try one of our 15-minute Fit Breaks. These short classes will cover a variety of topics including, exercise for back health, shoulder strength and mobility and how to safely and effectively work your core.

As always, we love hearing from you. Please let us know if you are interested in any of these virtual programs or if you have other ideas that you would like to see. Please contact [Barb Armstrong](#) or [Craig Baillie](#) to do so.



STAYING ACTIVE IN THE WINTER DURING THE PANDEMIC

Under normal circumstances the winter months provide a challenge for many trying to maintain their activity and the pandemic can make it harder. With all recreational facilities in Ontario currently shut-down, regular fitness centre goes will have to find alternative activities to maintain their exercise goals.

Embrace Winter and Winter Sports

This winter try snowshoeing, cross-country skiing or look for outdoor skating rinks that are open. All are great sources of cardio and can really bring enjoyment to a nice winter's day. What's that you say, there's no snow? Go for a jog, walk or bike ride. Just remember to dress appropriately for the temperature and wind. You can also purchase overshoe ice cleats to reduce your risk of slip and falls. Just remember, that although you are

exercising outside, it is still important to maintain social distancing.

Try Virtual

Here at the town, we are offering a wide variety of virtual group fitness classes. Maybe group fitness classes are not a part of your usual routine, but now is a great time to try them. The instructors put the routines together so, all you do is follow along. You can keep your camera off if you don't want others to see you moving left when you should be going right. You never know, you just might like them but, you'll have to try to find out.

The COVID-19 pandemic has created a lot of hardship and stress in so many lives. Please remember that keeping active helps not only your physical health, but your emotional and psychological wellbeing as well.

CONTACT INFORMATION

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