



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



Summer Fitness Programming Now Available

Outdoor fitness programs have been running for 2 weeks now and the first phase of the summer schedule, July 5-24, is now available (see page 2). In the summer schedule there are outdoor and virtual fitness opportunities with some of your favorite instructors. It has been great to see people safely, in-person and we are hopeful that more of you will be joining us. We are also, closely monitoring the provincial orders and will pivot quickly to offer indoor fitness programming when we are permitted to do so. The province is moving

to stage-2 of their reopening plan as of June 30 at 12:01 am, but this **does not allow for indoor fitness programs**. Most outdoor fitness classes are taking place in Memorial Park at the Band Shelter which is located north of the Leisure Centre on the west side of Park Drive. Participants have permission to park at the Town park shop (access from Park Dr.) along the fence line. Please park away from the bay doors so that parks employees can move their equipment in and out of the garage.

All classes are available on a pay-as-you-go basis or as part of the WS Fit Together Membership. If you wish to participate in classes through membership, please contact barb.armstrong@townofws.ca to transfer your current membership. To register, please visit the [Fitness Reservation Calendar](#).

Once registered there are a few things that you will need to do before arriving at the park. Please complete the [Town of WS Self-Screening](#) and take a screen-shot of it before you arrive. You need to show the instructor the green check mark with the date when you check-in. Also, please wear a face covering when approaching the instructor to check-in and show them your screening. Once you have reached your workout area you may remove your face covering. Please remember that COVID-19 protocols for exercise now ask for 3-metres distancing. Lastly, please remember to bring to a mat and water bottle with you.

In the event of inclement weather, classes may be cancelled. If a class must be cancelled due to inclement weather, we will endeavour to do this by

email notification at least 1-hour prior to the class start time. Those that have registered on a pay-as-you-go basis will be credited the full amount. If you do not hear from us, please assume that the class is running as scheduled.

Exercising outdoors is great for the mind, body and spirit and we hope that you will join us soon. Please forward any questions that you may have to leisure.services@townofws.ca.

All Fitness Memberships Are Suspended

All memberships remain on hold and will **not** be utilized as we transition back to full service. You will not lose time on your membership and no action is required on your part at this time.

Please contact us to arrange the transfer of your current membership to the WS Fit Together Membership that will be used this summer when we reopen. This can be done in advance of

reopening to allow you to have a one step registration process once the reopening dates are available.

Contact Barb Armstrong at 905-642-4423 or barb.armstrong@townofws.ca if you have questions about your membership.



FITNESS SCHEDULE – JULY 5 - JULY 24

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

- Virtual Program
- Outdoor Program

- Indoor Programming will be provided as soon as permitted.

BENEFITS OF GROUP FITNESS

Why Choose Group Fitness?

From a young age most of us enjoy playing and being active with our friends. However, as we get older, we often find that we do not have the same amount of time or opportunities to do so. That is why group fitness classes are a great way to feel young again while being physically active with others.

Group fitness is typically described as a group of individuals that are led through exercises by an instructor. There is a wide variety of class styles which include but are not limited to: Pilates, yoga, muscle conditioning, boot camp, cardio dance, indoor cycling, kick box and classes designed around unique equipment like BOSU or TRX. Different styles of classes provide a variety of benefits that most can enjoy and that should be explored.

Improved Motivation

A common reason people give for quitting an exercise program is boredom. Group fitness classes help break this boredom by providing a wide variety of class formats, instructor styles and music selections. Also, the camaraderie of the group can help with participant motivation and accountability. After nearly 16 months of lockdowns and self-isolations, it is amazing to see people chatting and laughing together again (2-metres apart).

Knowledge Provided

By now, most know that exercise is good for them and for those that are still unsure, there are constant reminders in all types of media. The difficulty lies not in whether we should exercise, but how and where do we begin? Group fitness classes help break down this barrier. The multiple class styles help provide suitable workouts for all levels of participants. The only thing an individual requires to be successful is a positive attitude and a willingness to participate. They don't have to create the

workout; they simply follow along and try to do their best.



Safe, Effective Workouts

A well-planned group fitness class includes a warm-up, cool-down, flexibility training as well as the conditioning portion. Many self-directed fitness centre users often skip certain parts of the workout when they work out on their own. Furthermore, a good instructor will accurately demonstrate the exercise movements and provide feedback, along with exercise alternatives for participants who need them.

Diversity

Lastly, group exercise appeals to many people because of its diversity. Traditionally, group exercise was only available inside a fitness facility in the format of dance choreographed to music. While this still exists, many non-traditional group exercise formats are emerging. There are boot camp and yoga classes in the park, sport specific conditioning classes at the soccer field, and urban poling and stroller-walking classes in your neighborhood. Group exercise truly has become activity for all.

Regardless of your passion or interest, what is most important is to move. Group exercise offers an outlet for people to do this while having fun. We hope to see you soon at one of our fantastic classes!

acsm.com

HEALTHY RECIPE

Rosemary Salmon and Veggies



Ingredients:

- 1-1/2 pounds salmon fillets, cut into 4 portions
- 2 tablespoons melted coconut oil or olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed

- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1 pound fresh asparagus, trimmed
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1/4 teaspoon pepper
- Lemon wedges

Directions:

- Preheat oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic and salt. Pour half over salmon. Place asparagus and red pepper in a large bowl; drizzle with remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.
- Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

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CONTACT INFORMATION

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