



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



The Province is Re-Opening Slowly

A 3-staged approach to reopening the province has been announced. While the full specifics of the plan were not released, it gives a general overview of what we can expect and a rough timeline. Dates are speculative at this point, based on vaccination and COVID case statistics. The following highlights how this reopening plan impacts what services we can offer and when we may be able to do so.

In **stage 1** of the reopening plan, we will offer outdoor fitness classes and outdoor personal training for groups of up to 10 people. We will continue to offer some virtual classes and are currently working on a full schedule of outdoor fitness opportunities. Stage 1 is **tentatively** scheduled for June 14 and is dependent on Public Health approval. As soon as confirmed, we will release our full schedule of outdoor offerings. The province has stated that each stage will last for at least 21 days, meaning that the start date for **stage 2** would tentatively be July 5.

In stage 2, it appears that we will be able to expand the numbers of participants in outdoor classes, but we will not be permitted to open the fitness centre. According to the province's reopening plan, indoor fitness is scheduled to reopen in **stage 3**, which could begin as early as July 26. These dates are tentative as provincial orders are constantly changing and evolving based on the impact the Coronavirus is having on the province.

This pandemic has had tremendous impact on us all and has lasted far longer than most would have predicted. Hopefully this reopening plan signifies a glimmer of hope, with better days on the horizon. We look forward to rebuilding services and to see you in person soon. In the meantime, checkout our full virtual class schedule by using the [Fitness Reservation Calendar](#). Outdoor programs will be available soon, when stage 1 dates are confirmed. Stay positive and keep moving as much as you can.

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 as we transition back to the new norm.

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

PARTICIPACTION - BETTER COMMUNITY CHALLENGE



**FREE
VIRTUAL
FITNESS
CLASSES**

Sign Up Today!



The ParticipACTION Community Better Challenge is a national initiative designed to encourage communities to become more active. ParticipACTION helps to spread health and physical activity by sponsoring local events designed to get residents up and moving. This year, the message of activity and exercise is more important than ever. Please join us, in spreading the benefit of movement by participating in our **FREE** virtual fitness classes:

Monday, May 31 @ 6:30 pm – Forever Fit

Saturday, June 5 @ 9:30 am – Zumba

Monday, June 7 @ 6:30 pm – Forever Fit

Saturday, June 12 @ 9:30 am - Zumba

Please visit the [Fitness Reservation Calendar](#) to register. Stay tuned as we be offering more **FREE** programs in the second half of June.