



FITNESS MATTERS

YOUR GUIDE TO WELLNESS

MEMBER UPDATE



The Province is Moving to Stage-1

This Friday the province will enter stage-1 of its 3-tiered reopening plan. Stage-1 allows in-person outdoor fitness classes for a maximum of 10 people and we are offering these classes starting Monday, June 14. We are offering 9-outdoor and 2-virtual fitness classes with the hopes that we have something to fit everyone's needs and interests. Many of your favorite instructors are returning and we are excited to be able to get together once again. The following highlights where to find the full schedule and how to register, what are the current COVID-19 protocols, and what will happen in the case of inclement weather.

All outdoor fitness classes will be taking place in Memorial Park at the Band Shelter which is located north of the Leisure Centre on the west side of Park Drive. You can see the full outdoor schedule and register for classes by visiting the [Fitness Reservation Calendar](#). For your convenience, the

full group fitness schedule is also on page 2 of this newsletter. 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.

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. This will be shown to the instructor 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 next week. 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 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.



FITNESS SCHEDULE – JUNE 14 - JULY 3

Class	Dates	Time	Instructor	Type
Cardio & Condition	Monday, June 14, 21, 28	9:45-10:45 am	Meagan	Outdoor
Forever Fit	Monday, June 14, 21, 28	6:30-7:30 pm	Marie	Outdoor
Chair Fit *	Tuesday, June 15, 22, 29	8:30-9:30 am	Outi	Outdoor
Forever Fit	Tuesday, June 15, 22, 29	9:45-10:45 am	Outi	Virtual
Boot Camp	Tuesday, June 15, 22, 29	6:30-7:30 pm	Jenn M.	Outdoor
Forever Fit *	Wednesday, June 16, 23, 30	9:45-10:45 am	Sandra C.	Outdoor
Forever Fit	Thursday, June 17, 24	9:45-10:45 am	Outi	Virtual
Circuit Training	Thursday, June 17, 24	6:30-7:30 pm	Sandra J.	Outdoor
Cardio & Condition	Friday, June 18, 25, July 2	9:45-10:45 am	Sandra J	Outdoor
Boot Camp *	Saturday, June 19, 26, July 3	8:00-9:00 am	Jenn M.	Outdoor
Cardio Salsa	Saturday, June 19, 26, July 3	9:30-10:30 am	Giselle	Outdoor

FREE * - These classes are free in partnership with PaticipACTON's Community Better Challenge on June 15, 16, 19 and 22.

CONTACT INFORMATION

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