



# FITNESS MATTERS

YOUR GUIDE TO WELLNESS

## MEMBER UPDATE



We are thrilled to see members returning and have seen some new faces in the fitness center. Last week's announcement relating to fitness center capacities allows us to progress one step further in our journey to resume 'regular' operations.

**Effective Monday November 8 registration or pre-booking will not be required in the fitness training room.**

Vaccine status, identification and daily screening will continue to be checked at the building entrance. Our hours of operation for the training room will be:

Monday – Thursday 6:00 am – 10:00 pm

Friday 6:00 am – 8:00 pm

Saturday & Sunday 7:30 am – 3:00 pm

Locker Room Access will be Closed 11:00-11:30 am daily and 3:00-3:30 pm Monday-Friday to allow

deep cleaning of the locker and shower areas. Locker rentals and day use lockers are also now available.

Group fitness, Aquafit and Cycle Fit classes will continue to use registration however classes will continue to be added. We will maintain a capacity of 12 to ensure the comfort and safety of everyone.

### Stouffville Walks at Soccer City is Now Available!

The climate controlled, state of the art field surface, is level and cushioned. The program is fully staffed for support and urban poles are provided for those that wish to use them. Walkers, runners and strollers of all fitness levels are welcome. Pre-registration is required and is available online at [townofws.ca/active](https://townofws.ca/active). This program runs Monday, Wednesday and Friday from 9:00-10:15 am. The cost is \$3.50/visit, or you can purchase a season pass (October 2021-April 2022) for \$115.00. All prices include HST. Please contact [barb.armstrong@townofws.ca](mailto:barb.armstrong@townofws.ca) if you have any questions.

We are committed to resuming services relating to your membership gradually, allowing you to rejoin us when the time is right for you. The safety and comfort of members and staff continue to guide our journey. We currently have 350 members using the facility, all feeling comfortable and safe with our progress. Those of you that have annual memberships from prior to COVID-19 that have not

yet been activated will receive further direction from us in November. Feel free to contact us if you are ready to resume, we look forward to seeing everyone.

Contact Barb Armstrong at 905-642-4423 or [barb.armstrong@townofws.ca](mailto:barb.armstrong@townofws.ca) if you have questions about your membership.

## FITNESS SCHEDULE – NOVEMBER 1 - NOVEMBER 28

### Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:40 am Cycle Fit Woody	8:45-9:40 am Circuit Sonya	8:45-9:40 am Cardio & Cond Sandra J	8:45-9:40 am Cycle Fit t.b.a.	8:45-9:40 am Cardio & Cond Sandra J	8:15-9:10 am Boot Camp Jenn	8:15-9:10 am Cycle Fit Sandra J
10:05-11:00 am Forever Fit Joanne	10:05-11:00 am Forever Fit Outi	10:05-11:00 am Forever Fit Woody	10:05-11:00 am Forever Fit Outi	10:05-11:00 am Muscle Condition Sonya	8:15-9:10 am Cycle Fit Sandra J	9:30-10:25 am Muscle Condition Jenn
				11:30 am- 12:25 pm Cardio Salsa Giselle		
6:30-7:25 pm Forever Fit Marie	6:30-7:25 pm Boot Camp Jenn	6:30-7:25 pm Cycle Fit Sandra J	6:30-7:25 pm Body Circuit Sandra J			
7:45-8:40 pm Zumba Garlice	7:45-8:40 pm Muscle Condition Jenn		7:45-8:40 pm Cycle Fit Sandra J			

### Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:50 am Sonya	9:00-9:50 am Outi	9:00-9:50 am Marnie	9:00-9:50 am Outi	9:00-9:50 am Sonya	9:30-10:20 am Lori	9:30-10:20 am Sandra J
10:00-10:50 am Woody	10:00-10:50 am Sonya	10:00-10:50 am Marnie	10-10:50 am Ona	10-10:50 am Sandra		
	7:00-7:50 pm Joanne		7:00-7:50 pm Lori			

### Fitness Reservations

- Starting November 8, Fitness Reservations will no longer be required for the Fitness Training Room.

Contact [leisure.services@townofws.ca](mailto:leisure.services@townofws.ca) or 905-642-7529 for further details

## 4 REASONS TO CHOOSE A PERSONALIZED EXERCISE PROGRAM

### Your Body is Unique

Your best exercise program is one that is completely unique to you. A tailor-made exercise plan can target your individual needs and help you meet your goals more quickly and effectively. While you can find any number of exercise ideas and plans online, in magazines, or in books, the best exercise program is one developed and designed for you. Here at the fitness centre, one of our certified exercise professionals will work with you to create a personalized exercise program that is specific to you. This personalized exercise program is included in membership and will be based on goals that are meaningful to you. Your program will consider your current fitness level, your current and past activity background, any current or past injuries that you may be dealing with and family/work responsibilities that may impact your ability to be successful.

### You Know Yourself Best

We all have our own quirks, history and skills that make our experiences of exercise individual. If you have been a regular exerciser in the past, you have probably experienced some exercise programs that have been successful and some that have not. One of our fitness professionals will listen to what you believe will be successful for you and apply it to what is available in the fitness centre. Your best exercise program is the one that you are confident will be successful.

### You Can Reach Your Goals Quicker

Having a program that is tailored to your specific strengths and weaknesses will help you reach your goals sooner. In the fitness centre, as in life, we tend to do the things that we are already good at and avoid the things that we struggle with. A well thought out personalized program will allow you to continue to do the exercises that you are good at

and enjoy, all while providing exercises that challenge you in the areas that you are not as strong. This approach will bring better balance to your routine, improving your overall results.

### You Will Look at the Big Picture

Having a personalized exercise program forces you to look at the big picture. It is easy to dive into a new routine with lots of enthusiasm, but too often you quickly find that your great new routine does not fit with your family/work responsibilities. A good trainer will examine all aspects of your life and create a program that fits with the demands of your everyday life. They will also, look at your long-range goals and make sure that your short-term goals and new program align with them.

Working with a certified exercise professional to create a personalized exercise program, truly is the best way to reach your goals. Stop by the fitness desk and make an appointment to create a new routine specifically designed for you the next time you are in.

Source: [3strong.com](https://3strong.com)



## HEALTHY RECIPE



### Chicken and Bulger Salad with Avocado

#### Ingredients:

- 1 cup bulgur
- 1 cup boiling water
- Two 6-ounce boneless chicken breasts, with skin
- 1/4 cup plus 1 tablespoon grapeseed oil
- Salt and freshly ground pepper
- 1/2 cup fresh orange juice
- 1/2 cup chopped basil leaves
- 5 tablespoons fresh lemon juice
- 2 large scallions, thinly sliced
- 2 Hass avocados, cut into 1-inch chunks
- 1 medium fennel bulb (3/4 pound), cored and cut into 1/2-inch pieces
- Cherry tomatoes

#### Directions:

- **Step 1** Preheat the oven to 500°. In a heatproof bowl, cover the bulgur with the boiling water. Cover the bowl with a plate and let stand until the water has been absorbed and the bulgur is tender, about 30 minutes.
- **Step 2** Meanwhile, on a rimmed baking sheet, coat the chicken breasts with 1 tablespoon of the grapeseed oil and season with salt and pepper. Roast the chicken on the top shelf for 15 minutes, or until golden brown and just cooked through; let cool. Slice the breasts on the diagonal about 1/4 inch thick.
- **Step 3** In a small bowl, whisk the orange juice with the basil, lemon juice, scallions and the remaining 1/4 cup of grapeseed oil; season the vinaigrette with salt and pepper.
- **Step 4** In a large bowl, toss the bulgur, chicken, avocados, fennel and tomatoes with the vinaigrette; season with salt and pepper. Mound the salad onto plates and serve.

Source: [foodandwine.com](http://foodandwine.com)

## CONTACT INFORMATION

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