



November 29, 2021 – January 2, 2022*

*note HOLIDAY CLOSURES will occur Dec. 25, 26 & Jan. 1

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:20 – 10:15 am Forever Fit Joanne	9:20 – 10:15 am Circuit Sonya	9:20 – 10:15 am Cardio & Cond. Sandra J		9:20 – 10:15 am Muscle Condition Sandra J	8:15 – 9:10 am Boot Camp Jenn	
	10:25 – 11:20 am Forever Fit Ona / Outi	10:25 – 11:20 am Forever Fit Woody	10:25 – 11:20 am Forever Fit Sonya / Outi	10:25 – 11:20 am Forever Fit Sandra J	9:20 – 10:15 am Yoga Flow Jenn	9:20 – 10:15 am Muscle Condition Jenn
			11:30 am – 12:25 Cardio Salsa Giselle			
6:25 – 7:20 pm Forever Fit Marie	6:25 – 7:20 pm Boot Camp Jenn	6:25 – 7:20 pm Zumba Garlice	6:25 – 7:20 pm Body Circuit Sandra J			
7:30 – 8:25 pm Zumba Garlice	7:30 – 8:25 pm Muscle Condition Jenn		7:30 – 8:25 pm Yoga Connie			

CYCLE FIT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 9:55 am Woody	10:30 – 11:25 Sonya	8:15 – 9:10 am Sandra J	9:00 – 9:55 am Woody		9:00 – 9:55 am Sandra J	8:15 – 9:10 am Sandra J
5:15 – 6:00 pm Spin & Stretch Sandra J		6:30 – 7:25 pm Sandra J				
			7:35 – 8:30 pm Sandra J			

AQUAFIT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 9:50 am Sonya	9:00 – 9:50 am tba / Outi	9:00 – 9:50 am Marnie	9:00 – 9:50 am Sonya / 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 tba / Outi	10:00 –10:50 am Marnie	10:00 –10:50 am Ona	10:00 –10:50 am Sonya		
	7:00 – 7:50 pm Joanne		7:00 – 7:50 pm Lori			

Schedules subject to change. Check back frequently, classes will be added as we rebuild. Contact Leisure Centre at 905-642-7529 or [townofwfs/Active](https://www.townofwfs.com/Active) calendars for most current schedules.

HST applies to all fees	Group Fitness Membership (includes Aquafit)			Fitness Combo Membership (includes Group Fitness, Aquafit, Training Room & Walking)	
	Monthly Auto-Renew	12 Month	Per Visit	Monthly Auto-Renew	12 Month
Adult (18 – 59 years)	\$41.90	\$460.92	\$8.63	\$48.19	\$534.25
Student (Full-time) Senior (60+ years)	\$31.43	\$345.70	\$6.64	\$37.71	\$414.83

Covid-19 Admittance Procedures

- **All classes require registration, capacity is limited**
- **Proof of Vaccination, Identification and daily screening are required at main entrance to building**
- **If you feel unwell do not attend class**
- Arrive dressed to exercise. Changeroom access is available on a limited basis.
- Bring only essential personal belongings with you, belongings will be stored in a plastic tote
- Bring a water bottle; fill stations are available, however fountains are not operational
- Check in at the fitness desk **for GROUP FITNESS & CYCLE FIT** or reception **(East Entrance) for AQAUFIT**
- Arrive **MAXIMUM** 10 minutes before your class time
- Don mask upon entering facility, **masks are required except while exercising**
- Maintain 2-meter social distancing and respect the space of others