

GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 – 9:55 am Forever Fit Joanne	9:00 – 9:55 am Circuit Sonya	9:00 – 9:55 am Cardio & Cond. Sandra J	9:00 – 9:55 am Cardio Dance – Bollywood Nirmala	9:00 – 9:55 am Muscle Condition Sandra J	8:15 – 9:10 am Boot Camp Jenn
9:20 – 10:15 am Muscle Condition Jenn	10:05 – 11:00 am Yoga Megan	10:05 – 11:00 am Yogalates Ona	10:05 – 11:00 am Forever Fit Ona	10:05 – 11:00 am Forever Fit Outi	10:05 – 11:00 am Forever Fit Sandra J	9:20 – 10:15 am Yoga Flow Jenn
		11:10 am – 12:05 Forever Fit Outi		Outdoor class requires preregistration		10:30 – 11:25 am Outdoor Cardio Salsa Giselle
		6:30 – 7:25 pm Cardio Salsa (gymnasium) 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	6:25 – 7:20 pm Essentrics Marie	
	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 – 9:10 am Sandra			8:00 – 8:55 am Sandra J			8:15 – 9:10 am Sandra J
	9:00 – 9:55 am Megan			9:15 – 10:05 am Cycle & Core Sabrina		
	6:30 – 7:25 pm Cycle & Stretch Sandra J		6:30 – 7:25 pm Sandra J	5:20 – 6:15 pm Sandra J		

AQUAFIT SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:35 – 9:25 am Sonya	8:35 – 9:25 am Outi	8:35 – 9:25 am Marnie	8:35 – 9:25 am Outi	8:35 – 9:25 am Lori	
9:30 -10:20 am Sandra J	9:30 -10:20 am Sonya	9:30 -10:20 am Outi	9:30 -10:20 am Marnie	9:30 -10:20 am Ona	9:30 -10:20 am Lori	9:30 -10:20 am Nirmala
	7:35 – 8:25 pm Joanne		7:35 – 8:25 pm Lori / Nirmala			

Schedules subject to change based on demand. Contact Leisure Centre at 905-642-7529
or [townofws/Active](https://www.townofwindsor.ca/active) calendars for most current schedules.

	Group Fitness Membership (includes Group, Cycle Fit & Aquafit)				Fitness Combo Membership (includes Group, Cycle Fit, Aquafit & Training Room)	
	Monthly Auto-Renew	12 Month	Per Visit	10 Visits	Monthly Auto-Renew	12 Month
HST applies to all fees						
Adult (18 – 59 years)	\$41.90	\$460.92	\$8.63	\$77.43	\$48.19	\$534.25
Student (Full-time) Senior (60+ years)	\$31.43	\$345.70	\$6.64	\$58.19	\$37.71	\$414.83

Admittance Procedures

- Members scan membership cards to verify status, 10 visit pass holders swipe cards to cover admittance or clients may pay as they go at the Leisure Center reception area
- **Preregistration is required for outdoor classes.** [townofws.ca/active](https://www.townofwindsor.ca/active) or visit the Leisure Centre
- Laminated admit tickets are provided at reception for aquafit or at the fitness desk for group fitness or cycle fit
- Admit tickets are available 15 minutes prior to class
- The following capacities apply to classes: Group Fitness 18; Cycle Fit 18; Outdoor Classes 18; Aquafit 30 (shared pool - 9:30 am and evening classes), 45 (full pool – 8:30 am)
- Admittance is not permitted beyond 5 minutes past class start time. Please arrive on time.
- Bring a water bottle; fill stations are available however fountains are NOT operational.