

## GROUP FITNESS SCHEDULE

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	9:30 – 10:25 am Muscle Condition Jenn
			11:30 am – 12:25 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 SCHEDULE

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	10:00 – 10:50 am Ona	10:00 – 10:50 am Sandra		
	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-PLAY (7529) or [WS Play Online / Calendar](#) for most current schedules.

FIT TOGETHER MEMBERSHIP Includes aquafit and group fitness classes and training room	Membership		Per Visit
	Monthly Auto-Renew	12 Month	
Adult (18 – 59 years)	\$41.90	\$460.92	\$8.63
Youth (14 – 17 years) Senior (60+ years)	\$31.43	\$345.70	\$6.64

*HST applies to all fees*

### Covid-19 Admittance Procedures

- **All classes require registration, capacity is limited**
- **Active screening will be required as you check in. 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
- Proof of Vaccination, Identification and daily screening are required at main entrance to building
- Check in at the fitness desk **for GROUP FITNESS** or reception **(East Entrance) for AQUAFIT**
- 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

### Cleaning Process

We have adjusted our cleaning practices to adhere to government guidance, making sure it is safe and effective putting the safety of our customers and employees at the forefront of what we do.

