

NEW MEMBERSHIP AVAILABLE*

Introducing: WS Fit Together

What's included now:

- Virtual fitness classes

When reopening is possible:

- In person group fitness, aquafit and cycle fit classes
- In person fitness reservations for the training room



WS FIT TOGETHER	Membership*		Registration per Class
	Monthly Auto-Renew	12 Month	
Adult (18+ years)	\$40.92	\$450.12	\$7.30
Youth (14 – 17 years)	\$30.69	\$337.59	
Seniors (60+ years)			

HST Applies

Purchased online [WS Play Online / Memberships](#)

VIRTUAL FITNESS SCHEDULE

Effective: January 14, 2021, Schedule subject to change, classes will be added based on demand!

Current Virtual Schedule and Registration available at [WS Play / Virtual Calendar](#)

Contact Leisure Centre at 905-642-PLAY (7529) or leisure.services@townofws.ca for further details

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 – 9:30 am 'Aqua' Chair Fit Outi		8:45 – 9:30 am 'Aqua' Chair Fit Brittany		
9:45 –10:30 am Forever Fit Outi		9:45 –10:30 am Strength & Stretch Brittany		9:45 –10:30 am Forever Fit Outi
	12:00 – 12:45 pm Muscle Conditioning Sandra C		12:00 – 12:45 pm Yoga Brittany	
	6:30 – 7:15 pm Body Boot Camp Jennifer		6:30 – 7:15 pm Cardio Bollywood Dolly	

DESCRIPTIONS

Aqua Chair Fit: Enjoy many of your favorite Aquafit movements from the comfort and safety of your own home. Workouts are designed to strengthen and stretch muscles while limiting the strain on joints.

Body Boot Camp: For those looking for a high-energy, dynamic workout that challenges cardio-respiratory fitness and muscle conditioning. This fast-paced workout is a great calorie burn for all.

Cardio Bollywood: A Bollywood-inspired dance class that is set to the latest Bollywood music. A great cardio workout that feels more like fun than exercise.

Forever Fit: A perfect workout for older adults and for those just returning to exercise. Build your strength and cardio with simple and effective movements.

Muscle Conditioning: A short cardio warm-up is followed by a total body strengthening and toning workout using mostly body weight. A few light weights may be incorporated.

Strength & Stretch: A total body strength workout is paired with a full body stretch designed to help correct muscle imbalances in the body.

Yoga: In this class, postures are designed to promote strength and flexibility. Breathing and meditation techniques are also used.