

GROUP FITNESS SCHEDULE

Effective: October 13, 2020

CLOSED – Thanksgiving Monday Oct. 12



Schedule subject to change. Contact Leisure Centre at 905-642-PLAY (7529) or www.townofws.ca for most current schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:25 am Cycle Fit Woody	8:30 – 9:25 am Cycle Fit Sandra J		8:30 – 9:25 am Cycle Fit Sandra J	8:30 – 9:25 am Cycle Fit Sandra J	7:45 – 8:30 am Cardio & Cond. Criss	7:45 – 8:30 am Condition & Core Jennifer
9:35 – 10:30 am Cardio & Cond. Woody	9:35 – 10:30 am Forever Fit Outi	9:35 – 10:30 am Yoga Brittany	9:35 – 10:30 am Cardio & Cond. Sandra J	9:35 – 10:30 am Forever Fit Outi	8:45 – 9:40 am Cycle Fit Criss	8:45 – 9:40 am Cycle Fit Sonya
		9:45 – 10:40 am Cycle Fit Sonya				
6:30 – 7:25pm Cycle Fit Woody	6:30 – 7:25pm Cycle Fit Brittany	6:30 – 7:25pm Cycle Fit Sandra C	6:30 – 7:25pm Cycle Fit Sonya			
7:40 - 8:35 pm Forever Fit Marie	7:40 - 8:35 pm Cardio & Cond. Jennifer	7:40 - 8:35 pm Boot Camp Sandra C	7:40 - 8:35 pm Cardio Dance Dolly			

AQUAFIT CLASSES ARE LISTED ON THE SWIMMING SCHEDULE or AQUAFIT CALENDAR ON WS PLAY ONLINE.

ALL TIME SLOTS WILL BE ONLINE REGISTRATION ONLY

In order to meet the physical distancing requirements and provide a safe environment, registration is limited to 12. Register early to avoid disappointment; Instructors may be substituted on occasion.

GROUP FITNESS/ CYCLE FIT/ AQUAFIT CLASSES HST applies to all rates	Membership		Short Term per month	Per Class
	Monthly Auto-Renew	12 Month		
Adult (18+)	\$40.92	\$450.12	\$46.04	\$8.39
Student* (full-time; 14+) Seniors (60+)	\$30.69	\$337.59	\$35.81	\$6.34
Aquatics Buy-Up	\$5.00	\$55.00	\$5.00	

Covid-19 Procedures

- **ONLINE** registration is required
- **If you feel unwell do not attend class**
- Arrive dressed to exercise
- 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 south entrance **MAXIMUM** 10 minutes before your class time
- Class will be 50 minutes in length allowing 5 minutes for pre class organization
- Don mask upon entering facility, **masks are required except while exercising**
- Locker areas and changerooms will **NOT BE AVAILABLE**
- Always maintain 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.

Patrons should disinfect hands upon entering and leaving class

Facility cleaning occurs during before and after each class.
Please arrive on time to facilitate this process

