



Virtual Zoom Programming & Services

Group Fitness Classes

Led by your favourite instructors

Join a class interactively or participate after at your convenience

Watch for pop up classes and full schedule to compliment in person when we open

Home Based Fitness and Wellness Programming

Developed specifically for you by our personal trainers

Work on building areas that you don't get to at the gym. Shoulder mobilization, core stabilization and inner strength or maintenance using the resources that you have at home. Return to the gym with a fresh perspective, equal or stringer than when you left.

Details available townofsw.ca/fitness

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