

GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:20 – 10:15 am Forever Fit Joanne	9:20 – 10:15 am Circuit Sonya	9:20 – 10:15 am Cardio & Cond. Sandra J		9:20 – 10:15 am Muscle Condition Sandra J	8:15 – 9:10 am Boot Camp Jenn
9:20 – 10:15 am Muscle Condition Jenn	10:25 – 11:20 am Cardio BollyX Nirmala	10:25 – 11:20 am Yogalates Ona	10:25 – 11:20 am Forever Fit Ona	10:25 – 11:20 am Forever Fit Outi	10:25 – 11:20 am Forever Fit Sandra J	9:20 – 10:15 am Yoga Flow Jenn
		11:30 am – 12:25 Forever Fit Outi				10:30 – 11:25 am Outdoor Cardio Salsa Giselle
		6:30 – 7:25 pm Outdoor Cardio Salsa Giselle	6:30 – 7:25 pm Outdoor Body Boot Camp Sonya	Outdoor classes require preregistration		
	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			8:15 – 9:10 am Sandra J			8:15 – 9:10 am Sandra J
	9:20 – 10:15 am Erich			9:20 – 10:15 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
9:30 -10:20 am Sandra J	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
	10:00 –10:50 am Sonya	10:00 –10:50 am Outi	10:00 –10:50 am Marnie	10:00 –10:50 am Ona	10:00 –10:50 am Sonya	
	8:05 – 8:55 pm Lori	8:05 – 8:55 pm Joanne	8:05 – 8:55 pm Lori	8:05 – 8:55 pm 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 16; Cycle Fit 18; Outdoor Classes 16; Aquafit 30 (shared pool generally evenings and weekends), 45 (full pool)
- 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.