

# Fitness Schedules

## September 2 – December 21, 2025

Note

Occasional cancellations may occur due to special events and holidays. Schedule subject to change. Please check the website for cancellations.

### Group Fitness Ages 12+

 Fitness Centre, Leisure Centre, 2 Park Drive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am – 10:20am Forever Fit TBD	6:30am – 7:20am Muscle Matters TBD	9:30am – 10:20am Forever Fit Ona	9:30am – 10:20am Cardio & Condition Sonya	9:30am – 10:20am Yoga (Hatha) Nirmala	8:30am – 9:20am Boot Camp Jenn	9:30am – 10:20am Muscle Matters Vanessa
10:30am – 11:20am Muscle Matters Sonya	9:30am – 10:20am Step & Strength Nicky	10:30am – 11:20am Muscle Matters Jaishri	10:30am – 11:20am Forever Fit Sonya	10:30am – 11:20am Forever Fit Woody	9:30am – 10:20am Yoga Flow Jenn	10:30am – 11:20am Zumba Vanessa
	10:30am – 11:20am Yogalates Ona	5:30pm – 6:20pm Pilates Nirmala		5:30pm – 6:20pm Zumba® Garlice	10:30am – 11:20am Cardio Dance Giselle	
6:30pm – 7:20pm Forever Fit Marie	11:30am – 12:20pm Forever Fit Outi	6:30pm – 7:20pm Zumba® Garlice	6:30pm – 7:20pm Cardio & Condition Madi	6:30pm – 7:20pm Essentrics® Marie		
7:30pm – 8:20pm Cardio & Condition Meagan	6:30pm – 7:20pm Boot Camp Jenn	7:30pm – 8:20pm Zumba® Garlice	7:30pm – 8:20pm Yoga Connie			
	7:30pm – 8:20pm Muscle Matters Jenn					

### Cycle Fit Fitness Ages 12+

 Fitness Centre, Leisure Centre, 2 Park Drive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am – 10:20am Gareth	9:30am – 10:20am Cycle, Strength & Core Sonya	9:30am – 10:20am Madi	6:30am – 7:20am Shelley	9:30am – 10:20am Woody	8:30am – 9:20am Sonya	8:30am – 9:20am Nirmala
6:30pm – 7:20pm Madi	5:30pm – 6:20pm Madi	6:30pm – 7:20pm Sonya	5:30pm – 6:20pm Madi			

*Instructors are subject to change.*

## Aquafit Ages 12+

📍 Leisure Centre Pool, 2 Park Drive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am – 9:50am Sonya	9:00am – 9:50am Outi	9:00am – 9:50am Marnie	9:00am – 9:50am Nirmala	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	9:35am – 10:25am Nirmala
10:00am – 10:50am Ona	10:00am – 10:50am Outi	10:00am – 10:50am Marnie	10:00am – 10:50am Nirmala	10:00am – 10:50am Lap		
7:35pm – 8:25pm Lori	8:05pm – 8:55pm Regina	7:35pm – 8:25pm Lori	8:05pm – 8:55pm TBD			

## Important Information

### Coming Prepared

Please come **dressed for your activity and bring indoor shoes**. Bring a water bottle; fill stations are available.

### 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 Centre reception area
- Laminated admit tickets are provided at the fitness desk for group fitness and cycle fit, or at reception for aquafit
- Admit tickets are available 30 minutes prior to class**
- Admittance is not permitted **beyond 5 minutes past class start time**. Please arrive on time.

Note

### Questions?

Email us at [leisure.services@townofws.ca](mailto:leisure.services@townofws.ca) or give us a call at 905-642-PLAY (7529)

### Drop-in Fees (prices include HST)

All drop-in fees are non-refundable. Admissions will be sold 30 minutes before the program starts. Capacity may vary per program and spots are available on a first come, first serve basis.

Age	Per Visit	10 Tickets
<b>Student</b> (full-time – 12-26 years)	\$8.50	\$76.50
<b>Adult</b> (18+ years)	\$11.00	\$99.00
<b>Senior</b> (60+ years)	\$8.50	\$76.50

### Interested in a fitness membership?

**Stouffville membership plans let you customize a wellness plan that best meets your needs.** Drop-in for a day, sign up for a month, or commit to fit for the year! Our plans include access to all fitness classes, the training area and all swim drop-in classes.