

August 31 – September 20, 2024

GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:30-9:20 am Boot Camp Jenn
9:15-10:05 am Muscle Matters Vanessa	9:30-10:20 am Forever Fit	9:30-10:20 am Step and Strength Nicky	9:30-10:20 am Forever Fit Ona	9:30-10:20 am Cardio & Condition Sonya	9:30-10:20 am Yoga (Hatha) Nirmala	9:30-10:20 am Yoga Flow Jenn
	10:30-11:20 am Muscle Matters Sonya	10:30-11:20 am Yogalates Ona	10:30-11:20 am Circuit Sandra	10:30-11:20 am Forever Fit Sonya	10:30-11:20 am Forever Fit Sandra	10:30-11:20 am Cardio Dance Giselle
	*11:30-12:20 pm Seated Fitness	11:30-12:20 pm Forever Fit Outi	*10:45-11:35pm Chair Yoga Courtney		*11:30-12:20 pm Seated Fitness	
			5:30-6:20 pm Muscle Matters Joanne		5:30-6:20 pm Zumba® Garlice	
	6:30-7:20 pm Forever Fit Marie	6:30-7:20 pm Boot Camp Jenn	6:30-7:20 pm Zumba® Garlice	6:30-7:20 pm Circuit Sandra	6:30-7:20 pm Essentrics® Marie	
	7:30-8:20 pm Cardio & Condition Meagan	7:30-8:20 pm Muscle Matters Jenn	7:30-8:20 pm Zumba® Garlice	7:30-8:20 Yoga Connie		

CYCLE FIT SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:20 am Sandra	9:30-10:20 am Gareth	9:30-10:20 am Sonya	9:30-10:20 am Sandra	9:30-10:20 am Gareth	9:30-10:20 am Sandra	8:30-9:20 am Sandra
	<i>*Intro to Spin 10:30-11:20am</i>	5:30-6:20 pm Sandra		5:30-6:20 pm Sandra		9:30-10:20 am Sandra
	6:30-7:20 pm Madi		6:30-7:20 pm Sonya			

AQUAFIT SCHEDULE

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

Schedules subject to change based on demand. Contact Leisure Centre at 905-642-7529 or [townofws/Active](#) group fitness and aquafit calendars for most current schedules.

See “Leisure Centre Membership and Fees” for membership and pay per use fees.

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
- 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
- Admittance is not permitted beyond 5 minutes past class start time. Please arrive on time.
- Bring a water bottle; fill stations are available.