

Fitness Schedules

July 2 – August 25, 2024

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 Joanne	9:30am – 10:20am Cardio & Condition Nicky	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 Nicky	10:30am – 11:20am Yogalates Ona	10:30am – 11:20am Cardio & Condition Sandra	10:30am – 11:20am Forever Fit Sonya	10:30am – 11:20am Forever Fit Sandra	9:30am – 10:20am Yoga Flow Jenn	
				5:30pm – 6:20pm Zumba® Garlice	10:30am – 11:20am Cardio Salsa Giselle	
6:30pm – 7:20pm Forever Fit Marie	6:30pm – 7:20pm Boot Camp Jenn	6:30pm – 7:20pm Zumba® Garlice	6:30pm – 7:20pm Circuit Sandra	6:30pm – 7:20pm Essentrics® Marie		
7:30pm – 8:20pm Cardio & Condition Meagan	7:30pm – 8:20pm Muscle Matters Jenn	7:30pm – 8:20pm Zumba® Garlice	7:30pm – 8:20pm Yoga Connie			

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 Sandra		9:30am – 10:20am Sandra	8:30am – 9:20am Sandra	8:30am – 9:20am Sandra
6:30pm – 7:20pm Madi		6:30pm – 7:20pm Sonya	5:30pm – 6:20pm Sandra			

Instructors are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35am – 9:25am Nirmala	8:35am – 9:25am Outi	8:35am – 9:25am Marnie	8:35am – 9:25am Ona	8:35am – 9:25am Lap		
9:35am – 10:25am Nirmala	9:35am – 10:25am Outi	9:35am – 10:25am Marnie	9:35am – 10:25am Ona	9:35am – 10:25am Lap	9:35am – 10:25am Nirmala	9:35am – 10:25am Sandra
7:35pm – 8:25pm Lori		7:35pm – 8:25pm Nirmala				

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 15 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 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 15 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
Student (full-time - 12-26 years)	\$8.25	\$72.00
Adult (18+ years)	\$10.75	\$92.00
Senior (60+ years)	\$8.25	\$72.00

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.