

SPECIALTY FITNESS PROGRAMS

Specialty programs are available to members and non-members, 14 years of age or older, unless specifically noted. Members wishing to complement their exercise routine receive a 40% discount on specialty programs. Member prices are listed in the summary chart where applicable. See page 18 for membership information.

ADAPTED GENTLE FIT ♥

This class focuses on light activities to stimulate coordination and movement. Ideal for all adults, including those with special needs who are working on sensory skills, range of motion or light fitness. Class is adapted to accommodate those in wheelchairs, or those needing assistance with their activities. Facilitators are required for participants who cannot participate independently. Facilitators attend free of charge. A great social class for all involved. Contact Barb Armstrong, Fitness Supervisor at 905-642-7529 ext. 328 or barb.armstrong@townofws.ca for details.

PILATES LEVEL 1 FUNDAMENTALS or LEVEL ½ COMBINATION ♥

Learn Pilates terms, techniques, body alignment and breathing patterns. Gain personal body awareness, target and build core muscular strength, coordination and balance with specific Pilates moves. This class can improve posture, strengthen the back, flatten the stomach and improve flexibility, while preparing for the ability to perform a controlled roll up sit. Level ½ combination will involve introductory equipment and progress towards Level 2 Intermediate. Taught by a Certified Pilates Instructor.

PILATES LEVEL 2 - INTERMEDIATE ♥

Those taking Level 2 Pilates should have completed at least one session of Pilates. Develop greater strength, flexibility and coordination and build upon the fundamentals learned in Pilates 1. More detailed techniques, Pilates equipment and fitness aids will challenge your workout and continue to empower you.

RUNNING CLINIC (5 KM.) ♥

Ever had an interest to start a running program but lacked the willpower, motivation or know-how. This active program is for you. You will safely and gradually build up to a distance of 5 kms. throughout the session. No prior running experience is required; all will work at their own pace. If you can walk now you can build to a run. You may even choose to build to a recreational 5 km event. Tips on technique, shoe selection and other running topics will be covered as well.

YOUTH FITNESS OPTIONS

Physical activity plays a major role in health and wellness throughout life. We offer programs to assist youth in maintaining an active lifestyle. These programs are geared to ages 11-15 years offering the opportunity to participate with peers with similar interests. Those 14 and over can participate in any of our specialty fitness programs. All options are eligible for the "child fitness tax credit".

FITNESS AND GROUP FITNESS ♥

Available for those ages 14 and older. Information on the youth fitness orientation (required for 14 and 15 year olds taking a fitness membership), membership and pay as you go details and pricing is on pages 18 and 19.

TRIATHLON TRAINING - SWIMMING ♥

Get fit or improve your performance while enjoying the camaraderie of training in a group. Included in the program will be coached swim sessions to improve your comfort, efficiency and endurance in the water. If you want some company and encouragement to try your first tri or you want to improve upon your previous performances this program is for you.

WALKING WITH POLES / Yogalates Combo ♥ POLES ARE PROVIDED!

Open to adults (age 16+) and youth or children (over 8 years of age). Children and youth receive the member rate, bring the family!

Also called Urban Poling or Nordic Walking, combines the aerobic and strength building benefits of cross-country skiing with walking. This full-body, cardio-muscular exercise engages the arms, back, stomach and legs. This combination promotes circulation, correct breathing, burns more calories than walking alone and develops total body coordination and improved posture: all in a dynamic way that is applicable to a healthy lifestyle. Class will begin with 30-40 minutes of walking, followed by a 30 min. Session or yogalates. A complete 75 minute workout.

YOGA (HATHA STYLE) ♥

AVAILABLE AT LEBOVIC LEISURE CENTRE AND BALLANTRAE CC
This gentle and calming approach to physical fitness combines strength and flexibility while encouraging proper breathing and relaxation techniques. Participants are encouraged to bring a blanket to class. Ballantrae CC class is open to those 12 years of age and up. You are required to bring a mat to Ballantrae CC.

ZUMBA® ♥ Ditch the workout...join the PARTY!

The Zumba® program has become a revolution...it fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® participants achieve long term benefits while experiencing an absolute blast in one hour of calorie burning, body energizing movements.

ZUMBA GOLD® NEW! ♥

The Zumba Gold® program fuses hypnotic Latin rhythms and easy to follow dance and fitness moves to create a one-of-a-kind fitness program that will blow you away. True beginners new to fitness and active older adults alike will have fun moving to fast and slow rhythms like the meringue, salsa, swing, belly dance, etc. Tone your body, burn fat and have fun all at the same time. Work out, love your workout and be a part of the Zumba® party each week.

GO GIRL YOGA ♥

A yoga class designed specifically for you. Learn focus, relaxation, breathing and stretch techniques in a FUN creative and casual environment. No experience is necessary, you don't have to be super flexible or fit and all can benefit.

ZUMBA® FOR YOUTH ♥

Ditch the workout...join the FUN! Zumba® has become one of the fastest growing Latin dance inspired fitness crazes in North America...it fuses Latin rhythms and easy to follow moves to create a one-of-a-kind program that will blow you away. People of all ages are falling love with its infectious music.

Program Name	Location	Day	Time	Start	# of Classes	Fee		Barcode
						Member	NON-Member	
Adapted Gentle Fit	Leisure Centre	Tues.	1:00 - 1:55pm	Mar. 27	12	N/A	\$63.00	17615
	Leisure Centre	Thurs.	1:00 - 1:55pm	Mar. 29	12			\$63.00
Pilates Fundamentals Level 1/2 Level 1 Level 1/2 Level 1	Leisure Centre	Mon.	1:00 - 2:00pm	Mar. 26	12	\$64.80	\$108.00	17623
	Leisure Centre	Wed.	6:00 - 6:55pm	Mar. 28	12	\$64.80	\$108.00	17622
	Leisure Centre	Mon.	1:00 - 2:00pm	July 2	8	\$43.20	\$72.00	18080
	Leisure Centre	Wed.	6:00 - 6:55pm	July 4	8	\$43.20	\$72.00	17679
Pilates Intermed. Level 2 Level 2	Leisure Centre	Wed.	7:00 - 7:55pm	Mar. 28	12	\$64.80	\$108.00	17624
	Leisure Centre	Wed.	7:00 - 7:55pm	July 4	8	\$43.20	\$72.00	18081
Running Clinic	Leisure Centre	Wed.	7:00 - 8:00pm	April 11	10	\$32.50	\$65.00	17625
	Leisure Centre	Wed.	7:00 - 8:00pm	July 4	8	\$26.00	\$52.00	17680
Small Group Training	Leisure Centre	Mon.	7:00 - 8:00am	Mar. 26	6	\$72.00	\$120.00	17626
	Leisure Centre	Tues.	9:30 - 10:30am	Mar. 27	6	\$72.00	\$120.00	17627
	Leisure Centre	Tues.	7:00 - 8:00pm	Mar. 27	6	\$72.00	\$120.00	17629
	Leisure Centre	Thurs.	7:00 - 8:00pm	Mar. 29	6	\$72.00	\$120.00	17628
	Leisure Centre	Sat.	1:00 - 2:00pm	Mar. 31	6	\$72.00	\$120.00	17630
	Leisure Centre	Mon.	7:00 - 8:00am	May 8	6	\$72.00	\$120.00	17632
	Leisure Centre	Tues.	9:30 - 10:30am	May 8	6	\$72.00	\$120.00	17634
	Leisure Centre	Tues.	7:00 - 8:00pm	May 10	6	\$72.00	\$120.00	17633
	Leisure Centre	Thurs.	7:00 - 8:00pm	May 12	6	\$72.00	\$120.00	17635
	Leisure Centre	Sat.	1:00 - 2:00pm	May 14	6	\$72.00	\$120.00	17631
	Triathlon Training – Swimming	Leisure Centre	Mon.	8:05 - 9:00pm	Mar. 26	12	\$91.20	\$114.00
Leisure Centre		Tues.	8:35 - 9:30pm	Mar. 27	13	\$98.80	\$123.50	17645
Leisure Centre		Wed.	8:05 - 9:00pm	Mar. 28	13	\$98.80	\$123.50	17646
Leisure Centre		Thurs.	8:35 - 9:30pm	Mar. 29	13	\$98.80	\$123.50	17643
Leisure Centre		Mon.	7:35 - 8:30pm	July 2	8	\$60.80	\$76.00	17688
Leisure Centre		Wed.	7:35 - 8:30pm	July 4	8	\$60.80	\$76.00	17687
Walking with Poles /Yogalates Combo	Ballantrae CC	Mon.	6:30 - 7:45pm	April 9	10	\$51.00	\$85.00	17651
	W/S Museum	Tues.	6:45 - 8:00pm	April 10	10	\$51.00	\$85.00	17650
Yoga	Leisure Centre	Tues.	8:30 - 9:25am	Mar. 27	12	\$64.80	\$108.00	17657
	Leisure Centre	Tues.	6:00 - 7:00pm	Mar. 27	12	\$64.80	\$108.00	17656
	Ballantrae CC	Wed.	6:30 - 7:30pm	Mar. 28	12	\$64.80	\$108.00	17655
	WS Museum	Thurs.	6:45 - 7:45pm	April 12	10	\$54.00	\$90.00	18355
	Leisure Centre	Fri.	8:00 - 8:55pm	Mar. 30	12	\$64.80	\$108.00	17654
	Leisure Centre	Tues.	8:30 - 9:25am	July 3	8	\$43.20	\$72.00	17694
	Leisure Centre	Tues.	6:00 - 7:00pm	July 3	8	\$43.20	\$72.00	17692
	Leisure Centre	Fri.	8:00 - 8:55pm	July 6	8	\$43.20	\$72.00	17693
Zumba®	Leisure Centre	Wed.	8:00 - 8:55pm	Mar. 28	12	\$64.40	\$108.00	17658
	Leisure Centre	Thurs.	6:00 - 6:55pm	Mar. 29	12	\$64.40	\$108.00	17659
	Leisure Centre	Sat.	10:30 - 11:30am	Mar. 31	12	\$64.40	\$108.00	17660
	Leisure Centre	Wed.	8:00 - 8:55pm	July 4	8	\$43.20	\$72.00	17695
	Leisure Centre	Thurs.	6:00 - 6:55pm	July 5	8	\$43.20	\$72.00	17696
	Leisure Centre	Sat.	10:30 - 11:30am	July 7	8	\$43.20	\$72.00	18082
Zumba Gold®	Ballantrae CC	Mon.	6:30 - 7:30pm	Mar. 26	12	\$64.40	\$108.00	17664
	Leisure Centre	Thurs.	8:00 - 8:55pm	Mar. 29	12	\$64.40	\$108.00	18325
	Leisure Centre	Thurs.	8:00 - 8:55pm	July 5	8	\$43.20	\$72.00	17698

spring summer

*All prices include HST where applicable

YOUTH OPTIONS (AGE 11-15)

Go Girl Yoga	Leisure Centre	Thurs.	4:00 - 4:55pm	April 12	10	N/A	\$60.00	17621
Zumba® for Youth	Leisure Centre	Fri.	6:00 - 6:55pm	April 13	10	N/A	\$60.00	17663

BABY & ME POST-NATAL ACTIVITIES

All new moms should consult their physician to get approval to resume physical activity after giving birth. For those who do not have medical clearance to resume fitness activities, a prorated rate is available, space permitting, to allow for starting part way thru the session. Babysitting is available for siblings or those who want to participate without baby.

BABY & ME AQUAFIT ♥

Exercise in the water with your infant (6 – 18 months). Flotation seats are provided so parents can participate in a shallow water aquafit class while having their infant within arms reach.

BABY & ME YOGALATES ♥

Bring your baby with you to fitness class. Share your experiences with other new moms while you enjoy an active class to get you rolling towards improved fitness. During this class you will use techniques to improve posture, balance the stabilizing muscles of the spine and develop core strength.

SPORTY MOMS & BABIES ♥

Sporty Moms and Babies is designed for women who have recently had a baby and are ready to start back into a fitness program. This is an active program for mom and an interactive session for baby. For mom, the class

includes a cardiovascular aerobic workout and a muscle conditioning segment that uses the baby as resistance. For baby, the fitness class is followed by a 15 minute interactive play program that includes songs, bubbles, and parachute.

STROLLER FITNESS - New... level 1 and level 2 now available ♥

Get fit while strolling with your baby! This class is perfect for the new parent who is anxious to get active – while enjoying the outdoors. The class starts from the Lebovic Leisure Center and takes place throughout the nearby parks and green spaces. Come and enjoy some fresh air while meeting other new parents in your neighbourhood. Participants are asked to come with water bottles and a stroller in good, working repair. Level 1 is for those just starting out and is a bit slower pace; level 2 is for those who were quite active before and throughout their pregnancy.

ZUMBA® for MUMMA - New ♥

Ditch the workout...join the PARTY! The Zumba® program has become a revolution.....it fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® participants achieve long term benefits while experiencing an absolute blast. Activity level is adapted to meet the needs of new moms and stimulating activities are included for baby.

Program Name	Location	Day	Time	Start	# of Classes	Fee		Barcode
						Member	NON-Member	
Baby & Me Aquafit	Leisure Centre	Mon.	11:00 - 11:30am	Mar. 26	11	\$39.78	\$49.72	17732
Baby & Me Yoga-lates	Leisure Centre	Thurs.	10:30 - 11:30am	Mar. 29	12	\$61.20	\$102.00	17617
	Leisure Centre	Thurs.	10:30 - 11:30am	July 5	8	\$54.40	\$68.00	17677
Sporty Moms & Babies	Leisure Centre	Wed.	1:30 - 2:45pm	Mar. 28	6	\$31.50	\$52.50	17636
Strollerfit- Level 1 Level 2 Level 1 Level 1 Level 2 Level 1	Leisure Centre	Tues.	10:30 - 11:45am	May 8	6	\$31.50	\$52.50	17639
	Leisure Centre	Wed.	10:30 - 11:45am	May 9	6	\$31.50	\$52.50	17640
	Leisure Centre	Fri.	10:30 - 11:45am	May 11	6	\$31.50	\$52.50	17641
	Leisure Centre	Tues.	9:30 - 10:45am	July 3	8	\$42.00	\$70.00	17683
	Leisure Centre	Wed.	10:30 - 11:45am	July 4	8	\$42.00	\$70.00	17682
	Leisure Centre	Fri.	9:30 - 10:45am	July 6	8	\$42.00	\$70.00	17681
Zumba® for Mumma	Leisure Centre	Mon.	2:05 - 3:00pm	Mar. 26	12	\$68.40	\$108.00	17662
	Leisure Centre	Tues.	2:05 - 3:00pm	Mar. 27	12	\$68.40	\$108.00	17661
	Leisure Centre	Tues.	2:05 - 3:00pm	July 3	8	\$43.20	\$72.00	17697

INDOOR DROP IN PLAYGROUND

Stouffville Arena, 12483 9th Line, 2nd floor • Admission per tot: \$2.50 (Preschool - 5 & under) • Parents/caregivers are free! Ratio 3:1 children to adults

Socialize and play indoors! Have fun on our existing preschool/birthday party equipment in a supervised setting. Activities include climbers, mats, balls, parachute time, stories and songs. This is a supervised activity, not an instructional program. Parents/caregivers are responsible for the supervision of their child. 905-642-PLAY (7529) for more info.

Winter 2012 *New price rate goes into effect January 1, 2012

Day	Time	Begins	Ends	Closed
Mon.	10:00-11:30am	Jan. 2	Mar. 26	Feb. 20/Mar. 12
Wed.	10:00-11:30am	Jan. 4	Mar. 28	March 14
Fri.	10:00-11:30am	Jan. 6	Mar. 30	March 16

