



September 8, 2020

Good Day Body N Soul Participants,

Thank you for your patience as we navigate the new normal at this time. It has been wonderful speaking to the majority of you on the phone or through email. Your eagerness to return to the Body N Soul classes is amazing.

After careful review of facility usage at Victoria Park Armouries and staffing levels needed, we have made the difficult decision not to run fitness classes at Victoria Park Armouries until January 2021. We want to make sure we are meeting all requirements and the facility is safe for participants, as well as staff.

Instead of there being no classes, we will be offering Body N Soul classes at the Lindsay Recreation Complex in the fitness studio Tuesday through Friday from 1:30 pm – 2:30 pm. Sarah Purdy will teach Tuesday and Thursdays and Christine Gilson will teach Wednesday and Fridays. The classes will start the week of October 5, 2020 and Sarah and Christine are looking forward to seeing you again. There is an elevator to access the upper floor fitness studio. For more information on fitness, please go to www.kawarthalakes.ca/fitness.

Under the guidelines for COVID-19, we have limited spacing in the fitness studio. To maintain the required physical distance, there will be 9 spots available in each class. You are required to wear a face covering while moving in the facility, but face coverings can be removed once in studio and in your specific square.

You will need to pre-register through our online booking system at kawarthalakes.perfectmind.com and you can book 7 days in advance (starting September 29, 2020 at 1:30 pm). We know this is not the ideal situation, but we have included step-by-step instructions for booking a fitness class through the online system. We ask that you only book **two times a week** to give the opportunity for others to participate in the class. If you book a slot but are not able to attend please call to cancel your booking at 705-324-9411 ext. 1560.

You will need an active health membership to book class times. You can reactivate or purchase memberships over the phone by calling the Fitness Coordinator at 705-324-9411 ext. 1555.

Should you want to wait until January 2021 to reactivate membership, please speak to the Fitness Coordinator on the options available to you at this time.

Again, thank you for your understanding in this unprecedented time, with so many changes and adaptations to our daily routines.

Sincerely,

Candace McGuigan
Fitness Coordinator
705-324-9411 ext. 1555
cmcguigan@kawarthalakes.ca