



---

Posted on Friday, July 24, 2020



Kawartha Lakes - The Fitness Studio at the Lindsay Recreation Complex will re-open on Monday August 10 for aerobic, cycle and yoga classes under COVID-19 safety protocols.

Although the Fitness Studio is re-opening, it will be a bit different. All fitness classes will be free of charge August 10 until August 28, 2020. As of August 31, 2020 an active Health or Corporate Membership will be required to register for Fitness Classes.

Beginning on Monday August 3 participants will be required to pre-register for their desired classes using the [Kawartha Lakes Online Registration website](https://kawarthalakes.perfectmind.com/) (<https://kawarthalakes.perfectmind.com/>).

Due to physical distancing, class sizes will be limited and participants will be required to specific COVID-19 fitness rules:

- Class participants must ensure they maintain a physical distance of two metres or six feet from other participants at all times and must stay within their marked square or assigned bike for the duration of the fitness class.
- There will be no access to change rooms or lockers. Participants will be required to change at home prior to attending a class.
- Patrons must follow directional signage throughout the facility and while

in the Fitness Studio.

- Patrons will be asked to remove outdoor footwear in the pool lobby area, putting on indoor footwear and proceeding to fitness studio via directional markings.
- As per public health standards, all participants will be required to wear a mask or face covering while inside the facility (with the exception during participation in a class).
- Limited equipment will be provided for aerobic classes. Yoga blocks and straps will not be provided at this time, participants are encouraged to bring their own should they wish to use them for their class.
- No spectators will be permitted. All attendees must be registered and participant in the fitness class.

Class participants can register up to seven days in advance, limited space will be available. To view the fitness schedule or book your class time, visit:

<https://kawarthalakes.perfectmind.com> (<https://kawarthalakes.perfectmind.com>)

Current clients can log in to their [Online Registration account](#)

(<https://kawarthalakes.perfectmind.com/>) to sign up for fitness classes. New clients will be required to set up an account prior to registering for a class. For more information and details on how to set up an account visit: [www.kawarthalakes.ca/fitness](http://www.kawarthalakes.ca/fitness)

(<http://www.kawarthalakes.ca/fitness>)

For further information call 705-324-9411 extension 1555 or e-mail [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) (<mailto:recreation@kawarthalakes.ca>)

- 30 -

For further information, please contact:

Candace McGuigan

Fitness Coordinator

City of Kawartha Lakes Parks, Recreation and Culture Division

705-324-9411 extension 1555

[cmcguigan@kawarthalakes.ca](mailto:cmcguigan@kawarthalakes.ca) (<mailto:cmcguigan@kawarthalakes.ca>)

---

## Contact Us

### **City of Kawartha Lakes**

P.O. Box 9000, 26 Francis Street,  
Lindsay, ON, K9V 5R8

Telephone: [\(705\) 324-9411](tel:7053249411)  
[E-Mail the City of Kawartha Lakes](mailto:info@kawarthalakes.ca)

---

**© 2017 - 2019 City of Kawartha Lakes**

P.O. Box 9000, 26 Francis Street,  
Lindsay, ON, K9V 5R8

Telephone: [705-324-9411](tel:7053249411)

Toll free at [1-888-822-2225](tel:18888222225)

After-hours emergencies: [1-877-885-7337](tel:18778857337)

[Email Us](#)

With the support of the  
Government of Canada through  
the Federal Economic  
Development Agency for  
Southern Ontario.



Designed by [eSolutionsGroup \(http://www.esolutionsgroup.ca\)](http://www.esolutionsgroup.ca)