



DEPARTMENT OF LEISURE SERVICES

37 SANDIFORD DRIVE, 4th FLOOR
STOUFFVILLE, ONTARIO L4A 7X5

MAIN SWITCHBOARD (905) 640-1900
(905) 895-2423

AUTOMATED LINES (905) 640.1910
(905) 895-5299

FAX (905) 642-1941

February 20, 2009

I am writing with reference to Sandra Corrado's work as a Group Fitness Instructor for the Town of Whitchurch-Stouffville. Sandra has worked under my direct supervision on a contract basis since November 2005. She leads an extensive variety of classes for us including Muscle Conditioning, Kickboxing, Circuit, Interval, Step, Stretch & Relax and even Aquafit. The participants vary in fitness level from beginner to advanced and in age from young adults to seniors. Regardless of the style or target group Sandra relates extremely well and professionally to her participants. She motivates and challenges them at the same time providing a very safe class.

Aside from Sandra's technical skills her organization, reliability and professionalism stand out. Despite a very busy schedule in Human Resources work, travel out of province and most recently living out of province Sandra remains one of our most reliable subs. She conscientiously maintains all of her employee records and communicates with me regularly from out of province and plans on subbing on her trips to Ontario well in advance. Balancing many tasks and schedules seem effortless to Sandra.

I very much value Sandra's contribution to our Group Fitness program and would not hesitate to recommend her for any position or task. Please feel free to contact me directly to further discuss Sandra's role within our department.

Sincerely

Barb Armstrong
Fitness Supervisor
Town of Whitchurch-Stouffville
905-642-7529 ext. 329
barb.armstrong@townofws.com