

Summer - In effect from July 8, 2024 to September 22, 2024

# GROUP FITNESS

Whitby Civic Recreation Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Whitby Civic Recreation Centre – Upper Multipurpose room</b>						
	6:15-7:10am Full Body Fitness Pete	6:15-7:10am Strength & Core Pete	6:15-7:10am Full Body Fitness Pete		8:00-8:55am Spinning Gerald	
9:00-9:55am Strength & Stretch Karen		9:00-9:55am Step & Sculpt Carol	9:00-9:55am Gentle Yoga Gerald	9:00-9:55am Circuit Training Karen	9:00-9:55am Step & Sculpt Kathy	9:00-9:55am Taekwondo* Ages 4-6
10:15-11:10am Low Impact Karen	10:15-11:10am ABT Carol	10:15-11:10am SMR Carol	10:15-11:10am Boot Camp Carol	10:15-11:10am Step & Sculpt Carol	10:30-11:25am Latin Dance Fit Ryan	10:00-10:55am Taekwondo* Ages 4-6
11:15-12:10pm Pilates Karen	11:15-12:10pm Dance Fit Carol	11:15-12:10pm Mom & Baby Mary	11:15-12:10pm Zumba Fit Carol	11:15-12:10pm Beginner Jazz Carol	11:30-12:25pm Conditioning Josh	11:00-11:55am Taekwondo* Ages 7-11
12:30-1:25pm Power Yoga Gerald	12:15-1:10pm SMR Carol	12:30-1:25pm Yoga Flow Mary	12:15-1:10pm SMR Carol	12:15-1:10pm Dance Fit Carol	1:00-1:55pm Youth Conditioning* Ages 11-16	12:00-12:55pm Taekwondo* Ages 12+
	1:30-2:25pm Step & Sculpt Carol		1:30-2:25pm Sculpt & Stretch Mary	1:30-2:25pm ABT Carol		
	4:30-5:15pm Xpress Circuit Josh	4:30-5:15pm Xpress ABT Carol	4:30-5:15pm Xpress Spin 45 Gerald	4:30-5:15pm Xpress ABT Sarah	4:30-5:15pm Teen Weight Training* Ages 11-14	
5:30-6:15pm Spinning Gerald	5:30-6:25pm Boot Camp Josh	5:30-6:25pm Kettlebell Carol	5:30-6:25pm Rock Body Rose	5:30-6:15pm Spinning Gerald		
6:30-7:25pm Gentle Yoga Gerald	6:30-7:25pm Step & Sculpt Kathy		6:30-7:25pm Step & Sculpt Kathy	6:30-7:25pm Gentle Yoga Gerald		*Highlighted* classes are Registration Only
7:30-8:25pm Latin Dance Fit Ryan	7:30-8:25pm Conditioning Josh	7:30-8:25pm Boot Camp Josh	7:30-8:25pm Power Yoga Gerald	7:30-8:25pm Dance Fit Ryan		
<b>Whitby Civic Recreation Centre – Lower Multipurpose room</b>						
9:00-9:55am Gentle Yoga Gerald	5:00-5:55pm Yoga Flow Mary	5:00-5:45pm Bollywood Joisylne	6:30-7:25pm Gentle Yoga Gerald	5:30-6:15pm Yoga Sculpt Sarah		



Scan the QR Code to  
subscribe to Group Fitness  
Schedule Updates!



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# GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Brooklin Community Centre and Library- Multipurpose Room</b>						
6:00-6:55pm <b>Body Barre</b> Dawn		6:30-7:25pm <b>Latin Dance Fit</b> Ryan	6:00-6:55pm <b>Body Barre</b> Dawn			
8:00-8:55pm <b>Restorative Yoga</b> Gerald	7:00-7:55pm <b>Zumba</b> Biliana	7:30-8:25pm <b>Beginner Dance</b> Ryan				

## Group Fitness Registration Options

1. **Register for a specific class** – you can register for a specific class to reserve your space for the entire session. Registration is for that class only and cannot be transferred to another class.
2. **Fit Pass** – Access to unlimited classes for the session providing space in the class permits. This pass is not transferable to another session and expires at the end of the 11 weeks. Annual Health Club Members receive a discount on the purchase of the Fit Pass.
3. **10 Pass or 20 Pass**. This pass can be used to attend any fitness class on a Drop-In basis providing space in the class permits, these passes do not have an expiration date.
4. **Drop-In**. Attend a single fitness class providing space in the class permits.

## Group Fitness Fees

Registration Options	Adult (18-54)	Adult 55 +	Youth (14-17)
<b>Registered Class</b>	\$96.31	\$48.16	\$48.16
<b>Drop-In - Single Class</b>	\$10.93	\$5.46	\$5.46
<b>10 Pass - 10 Class Drop-In</b>	\$98.35	\$49.18	\$49.18
<b>20 Pass - 20 Class Drop-In</b>	\$196.71	\$98.35	\$98.35
<b>Fit Pass - Unlimited Classes per session</b>	\$175.10	\$87.55	\$87.55
<b>Health Club Annual Member Fit Pass - Unlimited Classes per 11-week session</b>	\$123.60	\$61.80	\$61.80

## Know Before You Go

- Participants must be 14 years of age to take part in group fitness programs with the exception on youth fitness programs.
- All registered participants will check-in with reception to obtain a wristband to verify registration and complete the attendance record prior to entering the class.
- All Pass Holders will be required to stop by the reception desk where you will scan your group fitness card, sign in on the attendance sheet and be provided with a wristband for the class you are attending. Registered participants get first access to the class and remaining spaces will be provided to pass holders on a first come first serve basis. Pass holders can be checked in no earlier than 15 minutes prior to the class start time.

Schedule Updated June 21, 2024