

Winter - In effect from January 6th, 2025, to March 24th, 2025

GROUP FITNESS

Whitby Civic Recreation Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whitby Civic Recreation Centre – Upper Multipurpose room						
	6:15-7:10am Full Body Fitness Pete	6:15-7:10am Strength & Core Pete	6:15-7:10am Spin & Strength Pete		8:00-8:55am Spinning Gerald	
9:00-9:55am Strength & Stretch Karen	9:00-9:55am Gentle Yoga Gerald	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	
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 Strength & 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	12:30-1:25pm Youth Strength & Conditioning* Josh	12:00-12:55pm Taekwondo* Ages 12+
	1:30-2:55pm Beginner Tap Dance Carol	1:30-2:25pm Ball Fitness Mary	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		4:30-5:45pm (Health Club) Teen Weight Training* Josh and Ryan	*Registration only and not included in Fit Pass.
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 Bollywood Joisylie Joisylie	6:30-7:25pm Step & Sculpt Kathy	6:30-7:25pm Gentle Yoga Gerald		
7:30-8:25pm Latin Dance Fit Ryan	7:30-8:25pm Strength & Conditioning Josh	7:30-8:25pm Boot Camp Josh	7:30-8:25pm Power Yoga Gerald			
Whitby Civic Recreation Centre – Lower Multipurpose room						
			6:30-7:25pm Gentle Yoga Gerald	5:30-6:25pm Youth - Intro to Taekwondo Jessica		
	5:00-5:55pm Yoga Flow Mary		7:30-8:30pm Women on Weights* Alex	6:30-7:25pm Taekwondo Class For Women Jessica	11:45-12:45pm Women on Weights* Ryan / Joey	

Winter - In effect from January 6th, 2025, to March 24th, 2025

GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brooklin Community Centre and Library- Multipurpose Room						
			1:45-2:40pm Rock Body Carol		10:30-11:40am (55+ Room) Circuit Training Dawn	
	4:30-5:15pm Youth Sculpt & Stretch* Alex	5:30-6:25pm Boot Camp Ryan	2:45-3:40pm SMR Carol			
6:00-6:55pm Body Barre Dawn	6:00-6:55pm Rock Body Alex	6:30-7:25pm Latin Dance Fit Ryan	6:00-6:55pm Body Barre Dawn			
8:00-8:55pm Restorative Yoga Gerald	7:00-7:55pm Zumba Fit Biliana	7:30-8:25pm Beginner Dance Ryan				

Group Fitness Fees

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

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.

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.