

Winter - In effect from January 6<sup>th</sup>, 2025, to March 24<sup>th</sup>, 2025

# 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 <b>Full Body Fitness</b> Pete	6:15-7:10am <b>Strength &amp;Core</b> Pete	6:15-7:10am <b>Spin &amp; Strength</b> Pete		8:00-8:55am <b>Spinning</b> Gerald	
9:00-9:55am <b>Strength &amp; Stretch</b> Karen	9:00-9:55am <b>Gentle Yoga</b> Gerald	9:00-9:55am <b>Step &amp; Sculpt</b> Carol	9:00-9:55am <b>Gentle Yoga</b> Gerald	9:00-9:55am <b>Circuit Training</b> Karen	9:00-9:55am <b>Step &amp; Sculpt</b> Kathy	
10:15-11:10am <b>Low Impact</b> Karen	10:15-11:10am <b>ABT</b> Carol	10:15-11:10am <b>SMR</b> Carol	10:15-11:10am <b>Boot Camp</b> Carol	10:15-11:10am <b>Step &amp; Sculpt</b> Carol	10:30-11:25am <b>Latin Dance Fit</b> Ryan	10:00-10:55am <b>Taekwondo*</b> Ages 4-6
11:15-12:10pm <b>Pilates</b> Karen	11:15-12:10pm <b>Dance Fit</b> Carol	11:15-12:10pm <b>Mom &amp; Baby</b> Mary	11:15-12:10pm <b>Zumba Fit</b> Carol	11:15-12:10pm <b>Beginner Jazz</b> Carol	11:30-12:25pm <b>Strength &amp; Conditioning</b> Josh	11:00-11:55am <b>Taekwondo*</b> Ages 7-11
12:30-1:25pm <b>Power Yoga</b> Gerald	12:15-1:10pm <b>SMR</b> Carol	12:30-1:25pm <b>Yoga Flow</b> Mary	12:15-1:10pm <b>SMR</b> Carol	12:15-1:10pm <b>Dance Fit</b> Carol	12:30-1:25pm <b>Youth Strength &amp; Conditioning*</b> Josh	12:00-12:55pm <b>Taekwondo*</b> Ages 12+
	1:30-2:55pm <b>Beginner Tap Dance</b> Carol	1:30-2:25pm <b>Ball Fitness</b> Mary	1:30-2:25pm <b>Sculpt &amp; Stretch</b> Mary	1:30-2:25pm <b>ABT</b> Carol		
	4:30-5:15pm <b>Xpress Circuit</b> Josh	4:30-5:15pm <b>Xpress ABT</b> Carol	4:30-5:15pm <b>Xpress Spin 45</b> Gerald		4:30-5:45pm (Health Club) <b>Teen Weight Training*</b> Josh and Ryan	*Registration only and not included in Fit Pass.
5:30-6:15pm <b>Spinning</b> Gerald	5:30-6:25pm <b>Boot Camp</b> Josh	5:30-6:25pm <b>Kettlebell</b> Carol	5:30-6:25pm <b>Rock Body</b> Rose	5:30-6:15pm <b>Spinning</b> Gerald		
6:30-7:25pm <b>Gentle Yoga</b> Gerald	6:30-7:25pm <b>Step &amp; Sculpt</b> Kathy	6:30-7:25pm <b>Bollywood Joisylne</b>	6:30-7:25pm <b>Step &amp; Sculpt</b> Kathy	6:30-7:25pm <b>Gentle Yoga</b> Gerald		
7:30-8:25pm <b>Latin Dance Fit</b> Ryan	7:30-8:25pm <b>Strength &amp; Conditioning</b> Josh	7:30-8:25pm <b>Boot Camp</b> Josh	7:30-8:25pm <b>Power Yoga</b> Gerald			
<b>Whitby Civic Recreation Centre – Lower Multipurpose room</b>						
			6:30-7:25pm <b>Gentle Yoga</b> Gerald	5:30-6:25pm <b>Youth - Intro to Taekwondo</b> Jessica		
	5:00-5:55pm <b>Yoga Flow</b> Mary		7:30-8:30pm <b>Women on Weights*</b> Alex	6:30-7:25pm <b>Taekwondo Class For Women</b> Jessica	11:45-12:45pm <b>Women on Weights*</b> Ryan / Joey	

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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>						
			1:45-2:40pm <b>Rock Body</b> Carol		10:45-11:40am (55+ Room) <b>Circuit Training</b> Dawn	
	4:30-5:15pm <b>Youth Sculpt &amp; Stretch*</b> Alex	5:30-6:25pm <b>Boot Camp</b> Ryan	2:45-3:40pm <b>SMR</b> Carol			
6:00-6:55pm <b>Body Barre</b> Dawn	6:00-6:55pm <b>Rock Body</b> Alex	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 Fit</b> Biliana	7:30-8:25pm <b>Beginner Dance</b> Ryan				

## 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

## 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.