

GROUP FITNESS**Whitby Civic Recreation Complex**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whitby Civic Recreation Centre – Upper Multipurpose room						
8:00-8:55am Pilates Tanya	6:15-7:10am Full Body Fitness Pete	6:15-7:10am Strength &Core Pete	6:15-7:10am Spin & Strength Pete		6:45-7:40am Spin Steve	6:45-7:40am Easy Fit Steve
9:00-9:55am Strength & Stretch Karen C	9:00-9:55am Pilates for Seniors Level 1* Karen C	9:00-9:55am Step & Sculpt Carol	8:00-8:55am ABL Tanya	9:00-9:55am Circuit Training Karen C	7:45-8:40am Body Max Steve	7:45-8:40am Bootcamp Steve
10:15-11:10am Low Impact Karen C	10:15-11:10am ABT Carol	10:15-11:10am Rock Body Carol	9:00-9:55am Gentle Yoga Gerald	10:15-11:10am Step & Sculpt Carol	9:00-9:55am Step & Sculpt Kathy	8:30-9:25am 20/20/20 Steve
11:15-12:10pm Pilates Karen C	11:15-12:10pm Dance Fit Carol	11:15-12:10pm Yoga Flow Mary	10:15-11:10am Boot Camp Carol	11:15-12:25pm Jazz 1 Carol	10:00-10:55am Taekwondo* Ages 4-6	10:00-10:55am Taekwondo* Ages 4-6
1:30-2:25pm Step & Sculpt Jessica	12:15-1:10pm SMR Carol	12:15-1:10pm Light & Lively* Karen C	11:15-12:10pm Zumba Fit Carol	12:30-1:25pm Dance Fit Carol	11:00-11:55am Taekwondo* Ages 7-11	11:00-11:55am Taekwondo* Ages 7-11
2:30-3:25pm Strength & Conditioning Jessica	1:30-2:55pm Tap 1 Dance Carol	1:30-2:25pm Light & Lively 1* Karen C	12:15-1:10pm Rock Body Carol	1:30-2:25pm Lift * Carol	12:00-12:55am Taekwondo* Ages 12+	12:00-12:55am Taekwondo* Ages 12+
3:30-4:25pm Dance Aerobics Tanya	5:20-6:15pm Spinning Pete	2:30-3:25pm Chair Yoga Tanya	1:30-2:25pm Ball Fit Mary	2:30-3:25pm Pilates for Senior 2 Karen C *	1:30-2:25pm Gentle Yoga Tanya	
5:30-6:25pm Rock Body Rose	6:30-7:25pm Step & Sculpt Kathy	3:30-4:25pm Deep Stretch Tanya	2:30-3:25pm HIIT Karen M		2:30-3:25pm Pilates Tanya	*Registration only and not included in Fit Pass
6:45-7:30pm Spinning Gerald		4:30-5:25pm Dance Fit Tanya	3:30-4:25pm Lower Body Shred Karen M	4:30-5:25pm Taekwondo 4-6 Jessica *	3:30-4:25pm Upper Body Shred Tanya	
7:35-8:30pm Power Yoga Gerald		5:30-6:25pm Cardio Core Rose	5:20-6:15pm Spin & Strength Pete	5:30-6:25pm Taekwondo 7-11 Jessica *		
		6:30-7:25pm Boot Camp Steve	6:30-7:25pm Step & Sculpt Kathy	6:30-7:25pm Taekwondo 7-11 Jessica *		
		7:30-8:25pm Easy Fit Steve	7:35-8:30pm Power Yoga Gerald			
Whitby Civic Recreation Centre – Lower Multipurpose room						
12:00-12:55pm Gentle Yoga Eilyn	6:30-7:25am Easy Fit Jessica	11:15-12:10pm SMR Carol	6:30-7:25am Easy Fit Jessica	6:30-7:25am Easy Fit Jessica		
	7:30-8:25am Core Conditioning Jessica	12:15-1:10pm Sculpt & Stretch Mary	7:30-8:25am Core Forge Jessica	7:30-8:25am Stretch & Core Jessica		
5:30-6:25pm Stretch Strengthen & Core Stability Steve	8:30-9:25am Pilates Tanya	1:15-2:10pm Mom & Baby Fit Mary	8:30-9:25am Body Reset Jessica	8:30-9:25am HIIT Jessica	11:15-12:10pm Pilates Tanya	
6:30-7:25pm Mat Pilates Steve	9:30-10:25am Gentle Yoga Tanya	5:30-6:25pm HIIT Training Jessica	11:15-12:10pm Menopause Strong Mary *	9:30-10:25am Yogalates Eilyn	12:15-1:10pm Core & Conditioning Tanya	
		6:30-7:25pm Cardio & Stretch Jessica	12:15-1:10pm Mom & Baby Yoga Mary			
	10:30-11:25am Dance Fit Tanya		1:45-2:40pm SMR Carol			

Fall - In effect from Oct 5th, 2026, to Dec 13th, 2026

GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brooklin Community Centre and Library- Multipurpose Room						
12:00-12:55pm Strength & Conditioning Ana				12:00-12:55pm Full Body Strength Ana		9:00am – 9:55am Sculpt & Flow Dawn
1:00-1:55pm Mat Pilates Ana				1:00-1:55pm Mat Pilates Ana		
7:00pm-7:55pm Barre Dawn		6:30-7:25pm Total Body Circuit Dawn				

Group Fitness Fees

Registration Options	Adult (18-54)	Adult 55 +	Youth (14-17)
Registered Class	\$92.89	\$46.44	\$46.44
Drop-In - Single Class	\$11.45	\$5.72	\$5.72
10 Pass - 10 Class Drop-In	\$103.03	\$51.52	\$51.52
Fit Pass - Unlimited Classes per session	\$185.76	\$92.88	\$92.88
Health Club Annual Member Fit Pass - Unlimited Classes per 11-week session	\$131.13	\$65.56	\$65.56

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.