

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			
	9:00-9:55am Pilates for Seniors Level 1 Karen C	9:00-9:55am Step & Sculpt Carol	9:00-9:55am Gentle Yoga Gerald	9:00-9:55am Circuit Training Karen C	9:00-9:55am Step & Sculpt Kathy	
9:00-9:55am Strength & Stretch Karen C	10:15-11:10am ABT Carol	10:15-11:10am Rock Body Carol	10:15-11:10am Boot Camp Carol	10:15-11:10am Step & Sculpt Carol	10:00-10:55am Taekwondo* Ages 4-6	10:00-10:55am Taekwondo* Ages 4-6
10:15-11:10am Low Impact Karen C	11:15-12:10pm Dance Fit Carol	11:15-12:10pm Yoga Flow Mary	11:15-12:10pm Zumba Fit Carol	11:15-12:25pm Jazz 1 Carol	11:00-11:55am Taekwondo* Ages 7-11	11:00-11:55am Taekwondo* Ages 7-11
11:15-12:10pm Pilates Karen C	12:15-1:10pm SMR Carol	12:15-1:10pm Light & Lively 2* Karen C	12:15-1:10pm Rock Body Carol	12:30-1:25pm Dance Fit Carol	12:00-12:55pm Taekwondo* Ages 12+	12:00-12:55pm Taekwondo* Ages 12+
	1:30-2:55pm Tap 1 Dance Carol	1:30-2:25pm Light & Lively 1 Karen C	1:30-2:25pm Ball Fit Mary			
			2:30-3:25pm HIIT Karen M	2:30-3:25pm Pilates for Seniors* Level 2 (Karen C)		*Registration only and not included in Fit Pass.
			3:30-4:25pm Lower Body Shred Karen M			
5:30-6:25pm Rock Body Rose	5:20-6:15pm Spinning Pete	5:30pm-6:25pm Cardio & Core Rose	5:20-6:15pm Spin & Strength Pete			
6:45-7:30pm Spinning Gerald	6:30-7:25pm Step & Sculpt Kathy		6:30-7:25pm Step & Sculpt Kathy			
			7:35-8:30pm Power Yoga Gerald			
Whitby Civic Recreation Centre – Lower Multipurpose room						
		11:15-12:10pm SMR Carol	11:15-12:10pm Menopause Strong Mary	4:30-5:25pm Taekwondo 4-6*		
		12:15-1:10pm Sculpt & Stretch Mary	12:15-1:10pm Mom & Baby Yoga Mary	5:30-6:25pm Taekwondo 7-11*		
		1:15-2:10pm Mom & Baby Fit Mary	1:45-2:40pm SMR Carol	6:30-7:25pm Taekwondo 7-11*		

GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brooklin Community Centre and Library- Multipurpose Room						
						9:00am - 9:55am Sculpt & Flow Dawn
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.