Winter - In effect from Jan 4th, 2027, to March 21st, 2027,

Nov 19, 2026

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 **Dynamic Strength** 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	8:45-9:40am **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		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 **Senior Light & Lively* 2** (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 **Senior Light & Lively 1*** Karen C	12:15-1:10pm **Rock Body** Carol	1:30-2:25pm **Jazz 1** 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 **Spin & Strength** 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 **Pilates Sculpt** 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 **Core Conditioning** Jessica		
5:30-6:25pm **Stretch Strengthen & Core -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 **Pilates Sculpt-Eilyn**	12:15-1:10pm **Core & Conditioning** Tanya	
		6:30-7:25pm **Cardio & Stretch** Jessica	12:15-1:10pm **Mom & Baby Yoga** Mary	12:00-12:55pm **Full Body** Ana		
	10:30-11:25am **Deep Stretch** Tanya		1:45-2:40pm **SMR** Carol	1:00-1:55pm **Mat Core** Ana		

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GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brooklin Community Centre and Library- Multipurpose Room						
7:00pm-7:55pm **Barre** Dawn		6:30-7:25pm **Total Body Circuit** Dawn				9:00am – 9:55am **Sculpt & Flow** 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. Class sheets will be at reception 10 minutes prior to the start time.
- 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 10 minutes prior to the class start time.