

TOWN OF WHITBY

Fitness Programs

Whitby Civic Recreation Complex

Basics of Barbell Training

Interested in taking your weight training to the next level? This program will give intermediate lifters the skills and techniques to improve form, function and safety while performing the barbell squat, bench press and deadlift. You will also learn breathing cues, spotting techniques, exercise variations as well as effective warm up and cooldown guidelines.

Whitby Civic Recreation Complex

Saturdays April 20 to May 11, 2024

10:00 a.m. – 11:30a.m.

Cost- \$63.24

Code- 53987

Limited to 5 participants

Registration is required, program is not included in Fit Pass.

Women on Weights

New to weight machines or the gym? This program takes place in the Whitby Civic Recreation Complex Health Club. Women On Weights is a program that has been designed to engage and teach women of all ages and abilities the importance of exercise, specifically that of Resistance Training. This 10-week program will teach participants proper technique for exercises and the benefits of weight training. Throughout this program participants will learn about gym etiquette, aerobic conditioning, specific resistance training techniques and more importantly you will learn about your body and yourself. It is our goal, that by the end of this program you feel strong and powerful and armed with the knowledge to confidently exercise within the gym setting.

Whitby Civic Recreation Complex

Saturdays April 20 to June 22, 2024

11:45 a.m. – 12:45 p.m.

Cost- \$87.55

Code- 53981

Limited to 6 participants

Registration is required, program is not included in Fit Pass.

For more information, contact

905.666.1991

whitby.ca/getactive

