

Health Club Membership

The Whitby Civic Recreation Complex offers a Private Fitness Centre, Group Fitness Classes and Personal Training Services along with a 25-metre public leisure pool that offers public and private swimming.

The Health Club is equipped with a large variety of commercial grade conditioning and strength equipment, large free weight and stretching area along with an assortment of functional fitness equipment.

Health Club Hours

Monday to Friday - 6:00 a.m.- 9:00 p.m.

Weekends - 6:30 a.m. - 4:30 p.m.

What is included in a Health Club Membership?

All Health Club Memberships include a fitness assessment, personalized program, use of the fitness centre, membership change rooms featuring large whirlpools, saunas, hair dryers, vanity areas and private change areas. Public swimming and skating during non-instructional times is also included in all Health Club Memberships. Youth, Senior, Adult and family memberships are available. Participants must be 14 years of age or older to enter the health club and member changerooms.



Supervised Health Club

Qualified fitness staff are always available on the gym floor to assist you with your workout or help you with the equipment. Each of our Fitness Programmers holds a current Certified Personal Trainer certificate as well as First Aid, AED/CPR certificate.



Complimentary Fitness Assessment & Personalized Program

Membership at the Whitby Recreation Complex includes a Personal Fitness Assessment and personalized program. Our qualified fitness staff will help you evaluate your goals and create a program specifically for you.



Locker Service

Lockers are available for daily use. Please bring your own lock to secure your belongings. Locks are available for purchase at reception.



Family Memberships

Members of the same immediate family residing at the same address, up to a maximum of 5 people, can enjoy unlimited access to public skating, public swimming as well as drop-in gymnasium programs.

For more information 905.666.1991

whitby.ca/GetActive

Membership Rates

We offer three month or annual memberships for individuals as well as an annual family membership.

Annual members may add on a sessional Group Fitness Pass to their Health Club Membership to take part in unlimited classes for the session.

Fees do not include HST and are in effect March 26, 2024.



Age Category	Twelve Month Membership	Three Month Membership	Day Pass
Adult 18-54	\$469.30	\$187.84	\$14.06
Senior 55+	\$265.76	\$106.37	\$7.03
Youth 14-17	\$265.76	\$106.37	\$7.03

Additional Membership Categories	Fee
Annual Family Membership One (1) parent/guardian up to a maximum of two adults (18 years and older) and children (17 years and younger) living at the same residence up to a maximum of five (5) persons.	\$1133.77
Four Month Student Membership Individuals enrolled in post-secondary education on a full-time basis with proof of full-time academic status.	\$153.89
Senior 90+ Membership Individuals Ages 90+ receive a free annual membership	Free

Personal Training

Members looking for additional one on one guidance, motivation and accountability may purchase personal training sessions to work with one of our personal training staff. Sessions are 60 minutes.

Session Packages	Package Fee	Cost Per Session
One Session	\$63.24	\$63.24
Five Sessions	\$264.08	\$52.82
Ten Sessions	\$491.50	\$49.15

Group Fitness

Group fitness classes are available for an additional fee. Unlimited Fit Passes are valid for one session. Each session is 11 weeks in length.

Registration Option	Adult (18-54)	Adult 55+	Youth (14-17)
Registered Class	\$96.31	\$48.16	\$48.16
Drop-In - Single Class	\$10.93	\$5.46	\$5.46
10 Pass - 10 Class Drop-In	\$98.35	\$49.18	\$49.18
20 Pass - 20 Class Drop-In	\$196.71	\$98.35	\$98.35
Fit Pass - Unlimited Classes per session	\$175.10	\$87.55	\$87.55
HC Member Fit Pass - Unlimited Classes per session	\$123.60	\$61.80	\$61.80

Health Club Membership

Fitness Assessments & Personal Training Services

As a health club member, you are entitled to one fitness assessment and personalized program as well as a follow up assessment after three months. Our qualified fitness staff will modify and/or progress your training program once a follow up assessment has been completed.

We utilize the **CSEP Physical Activity Training for Health (PATH)** physical fitness assessment and counselling strategy to assist members to better understand their current fitness level and make positive health changes.



This test is administered by a qualified member of the Canadian Society of Exercise Physiology (CSEP), the gold standard for testing and exercise science in Canada. The CSEP-PATH assessment is commonly used as a measure for the health-related fitness of the general population. The test is administered on over a million Canadians each year!

The **CSEP-PATH** assessment is a standardized fitness test that looks at baseline health, cardiovascular fitness, musculoskeletal fitness and flexibility. This assessment is great for athletes or the general population that are looking to understand their current fitness levels. This assessment is also used for future firefighters and paramedics as an entrance requirement for training programs. Upon completion of this assessment, you will receive a summary or 'snapshot' of your current health related fitness. This summary provides a foundation for your 'action plan' to help you reach your health goals. The assessment usually takes about an hour to complete.

Once you have completed your assessment our fitness staff will design a program to get you started in the health club and will provide you with an orientation on the equipment that will be utilized during your workouts.

Members looking to schedule an appointment for a complimentary fitness assessment must complete the Get Active Questionnaire as well as other pre screening protocols with our fitness staff. Medical clearance may be required prior to conducting an assessment for some individuals.

For more information visit the fitness programmer desk in the Health Club or call us at 905.444.1857. We look forward to assisting you in reaching your health and fitness goals!

Health Club Code of Conduct

We strive to create a safe and enjoyable environment for all our members. To ensure a safe and positive experience all health club members and guests are required to abide by the following code of conduct.

- Taking photos, selfies or video recordings is not permitted anywhere in the facility.
- Cell phones and recording devices are banned from change rooms and washrooms. Please report anyone you observe with a cellphone in these areas.
- Proper fitness attire with clean indoor athletic/training shoes only. We do not permit wet or muddy shoes, sandals or clothing with profanity or offensive messages. Outdoor footwear tracks salt and debris that damages fitness equipment and machines.
- All bags and jackets must be kept in lockers within the change rooms. Locks are available for purchase at the front desk for a small fee.
- Do not drop or bang free weights, cable stacks or weight machines – it is disruptive to members and damaging to equipment. Please keep noise to a minimum including excessive grunting.
- Unload all equipment after use and return plates/dumbbells and barbells to their storage locations.
- Clean all equipment after each use. Disinfectant spray and paper towels are provided in the Health Club. Do not spray directly onto the consoles.
- Headphones must be worn when listening to personal media devices in the Health Club. Talking on the phone while in the Health Club is strongly discouraged. Please excuse yourself to the lobby if you need to take a call.
- Use of the fitness equipment is on a first come, first-serve basis. Please limit your time to 30 minutes maximum per piece of equipment. Avoid resting on equipment between sets and allow other members to use machines when resting between sets.
- Individuals are required to shower prior to using the Whirlpool or Sauna. Attire that is worn in either the Whirlpool or Sauna must be clean prior to entering.
- The Town of Whitby is a fragrance-free environment.

Staff reserve the right to remove any person for unacceptable behavior including but not limited to vandalism, theft, offensive language, selling/soliciting products or services including personal training, unauthorized photography or any other public code of conduct violations. Should a member misuse equipment or jeopardise their own safety or the safety of others they will be asked to leave the facility.
