

Fall | In effect from September 19, 2022 to December 23, 2022

# Group Fitness Schedule

## Whitby Civic Recreation Complex

### ABT

Tuesday, Friday 10:15a.m. - 11:10a.m.

### Boot Camp

Monday 9:00a.m. - 9:55a.m.

Thursday 10:15 a.m. - 11:10a.m.

### Cardio Circuit

Thursday 6:30p.m. - 7:25p.m.

### Dance Fit

Tuesday 11:15a.m. - 12:10p.m.

### Deep Stretch and Myofascial Release

Monday, Friday 6:30p.m. - 7:25p.m.

Tuesday, Thursday 12:15p.m. - 1:10p.m.

Wednesday 10:15a.m. - 11:10a.m.

### Kettlebell Conditioning

Wednesday 5:15p.m. - 6:10p.m.

### Spinning

Monday, Friday 5:15p.m. - 6:10p.m.

Wednesday 2:00p.m. - 2:55p.m.

Saturday 8:00a.m. - 8:55a.m.

### Spin and Stretch

Tuesday 9:00a.m. - 9:55a.m.

### Step and Sculpt

Tuesday 6:30p.m. - 7:25p.m.

Wednesday 9:00a.m. - 9:55a.m.

### Low Impact

Tuesday 1:15p.m. - 2:10p.m.

### Rock Body

Thursday 5:15p.m. - 6:10p.m.

### Mom and Baby Fitness

Wednesday 11:15a.m. - 12:10p.m.

### Interval Training

Friday 9:00a.m. - 9:55a.m.

### Yoga-Flow

Monday 12:30p.m. - 1:25p.m.

### Yoga-Restorative

Tuesday, Thursday 7:45p.m. - 8:40p.m.

### Yoga-Therapeutic

Wednesday, Friday 12:30p.m. - 1:25p.m.

### Yoga-Gentle

Thursday 9:00a.m. - 9:55a.m.

### Zumba

Wednesday 6:30p.m. - 7:25p.m.

Thursday 11:15a.m. - 12:10p.m.

## Brooklin Community Centre

### Yoga-Restorative

Monday, Wednesday 8:00p.m. - 8:55p.m.

### Rock Body

Tuesday 6:00p.m. - 6:55p.m.

### Dance Fit

Thursday 7:00p.m. - 7:55p.m.

### Zumba

Tuesday 7:00p.m. - 7:55p.m.

### Cut to the Core

Thursday 6:00p.m. - 6:55p.m.

## Fall Group Fitness Fees

Individual Class \$118.30

Fit Pass (unlimited classes for the session) \$217.84

Whitby Civic Recreation Complex Health Club  
Members receive 50% off adult group fitness classes  
and Fit Pass.

## One Week Free Trial September 12-September 17

For facility closures, program notices and cancellations visit,

[whitby.ca/GetActive](http://whitby.ca/GetActive)



### **ABT – Abs, Butt, Thighs**

Wake up the core, glutes and thighs with this unique and targeted muscle conditioning class. Lift and tone, stabilize the pelvis and improve balance and mobility.

### **Boot Camp**

Boot Camp is a great way to kick start your fitness routine, increase your muscular strength and improve your cardiovascular efficiency. Drill work, circuit training, obstacle courses, Guaranteed to keep your body guessing and help you reach your fitness goals.

### **Circuit Cardio**

Circuit Cardio & Core is a full body high energy workout that keeps you moving. Alternating between back to back cardio progressions and body weight core work, this class will challenge your endurance and energize your mind.

### **Cut To The Core**

Develop core body strength and improve your posture. In this muscle conditioning class you will stimulate the core muscles to stabilize and activate, using body weight exercises, BOSU balls, stability balls and foam rollers

### **Dance Fit**

Enjoy the most popular music, across all genres with this fun and motivating low impact dance inspired workout. Shape and tone your body while improving your sense of rhythm, body awareness and coordination.

### **Deep Stretch & Myofascial Release**

Myofascial Release is a safe and very effective technique that involves applying gentle sustained pressure into the Myofascial connective tissue where an adhesion, knot or trigger point exists to help release, eliminate pain and restore motion. This class will help improve flexibility, mobility and decrease muscle tension!

### **Interval Training**

Improve the way you move! Raise your heart rate with cardio intervals followed by active recovery strength training. Core and abdominal intervals are also in the mix, making this a well balanced and effective workout. A well deserved stretch finishes the class.

### **Kettlebell**

Develop movement skills, body awareness, core and grip strength. This class will train every major muscle group in the body in multiple movement planes for an effective and efficient workout. Improve your athleticism by building strength, power and endurance.

### **Rock Body**

Rock Body is a strength training and conditioning class, balanced and designed to improve overall fitness. Build muscle and sculpt your entire body with this incredible workout.

### **Spinning**

Ready for an amazing cardio workout? Boost your metabolism, cardiovascular endurance and stamina in this exciting indoor stationary cycling program. We will take you through a series of cycling intervals of flats, hills and drills to get that heart pumping.

### **Step & Sculpt**

Heart-pumping, exciting step aerobic routines alternate with strength training intervals to give you a complete cardiovascular and weights workout.

### **Zumba Fit**

Zumba Fit is a dynamic and exciting high energy workout set to a musical fusion of Latin and International rhythms. Zumba Fit is an interval workout that alternates between high intensity and low intensity dance moves, guaranteed to burn calories!

### **Therapeutic Yoga**

Beginner-friendly restorative yoga routine that focuses on opening the hips, spine and lower back. This class is therapeutic, calming as well as energizing. Different breathing techniques and exercises to help manage pain and discomfort will be explored.

### **Restorative Yoga**

Leave your day behind and prepare for a restful evening. Move through gentle flows and stretches to let go of tension and melt into a calm and peaceful state ending with a meditation portion.

### **Yoga Flow**

Yoga improves your way of life, by achieving health in body, mind and spirit. This class starts with pranayama, A and B Sun Salutations and standing asanas to promote strength and flexibility. We will then move towards grounding yin postures, ending with restorative and relaxation postures.

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