

Summer- In effect from July 7th, 2025, to September 29th, 2025

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 Strength & Stretch Karen | 9:00-9:55am Gentle Yoga Gerald | 9:00-9:55am Step & Sculpt Carol | 9:00-9:55am Gentle Yoga Gerald | 9:00-9:55am Circuit Training Karen | 9:00-9:55am Step & Sculpt Kathy | |
| 10:15-11:10am Low Impact Karen | 10:15-11:10am ABT Carol | 10:15-11:10am SMR Carol | 10:15-11:10am Boot Camp Carol | 10:15-11:10am Step & Sculpt Carol | 10:30-11:25am Latin Dance Fit Ryan | 10:00-10:55am Taekwondo* Ages 4-6 |
| 11:15-12:10pm Pilates Karen | 11:15-12:10pm Dance Fit Carol | 11:15-12:10pm Ball Fitness Mary | 11:15-12:10pm Zumba Fit Carol | 11:15-12:25pm Jazz 1 Carol | 11:30-12:25pm Strength & Conditioning Josh | 11:00-11:55am Taekwondo* Ages 7-11 |
| 12:30-1:25pm Power Yoga Gerald | 12:15-1:10pm SMR Carol | 12:15-1:10pm Light & Lively 2 Karen | 12:15-1:10pm SMR Carol | 12:30-1:25pm Dance Fit Carol | 12:30-1:25pm Youth Strength & Conditioning* Josh | 12:00-12:55pm Taekwondo* Ages 12+ |
| 1:30-2:25pm Easy Fit Ryan | 1:30-2:55pm Tap 1 Dance Carol | 1:30-2:25pm Light & Lively 1 Karen | 1:30-2:25pm Sculpt & Stretch Mary | 1:30-2:25pm ABT Carol | | |
| 2:30-3:25pm Basic Bootcamp Ryan | 3-3:55pm Kettlebell Carol 4:15-5:00pm Express Circuit Josh | 4:30-5:15pm Xpress ABT Carol | 4:30-5:15pm Xpress Spin 45 Gerald | 2:30-3:25pm Pilates for Seniors Level 2 (Karen) 4:15-5pm Express Strength & Conditioning (Josh) | 4:30-5:45pm (Health Club) Teen Weight Training* Josh and Ryan | *Registration only and not included in Fit Pass. |
| 5:30-6:15pm Spinning Gerald | 5:30-6:25pm Spinning Pete | 5:30pm-6:25pm Cardio & Core Rose | 5:30-6:25pm Spin & Strength Pete | 5:30-6:15pm Spinning Gerald | | |
| 6:30-7:25pm Gentle Yoga Gerald | 6:30-7:25pm Step & Sculpt Kathy | 6:30-7:25pm Bollywood Joisylne | 6:30-7:25pm Step & Sculpt Kathy | 6:30-7:25pm Gentle Yoga Gerald | | |
| 7:30-8:25pm Latin Dance Fit Ryan | 7:30-8:25pm Strength & Conditioning Josh | 7:30- 8:25pm Boot Camp Josh | 7:30-8:25pm Power Yoga Gerald | | | |
| Whitby Civic Recreation Centre – Lower Multipurpose room | | | | | | |
| | 9:00-9:55am Pilates for Seniors Level 1 Karen | 12:30-1:25pm Yoga Flow Mary | 1:45-2:40pm Rock Body Carol | 4:30-5:25pm Taekwondo 4-6 * Jessica | 10-11:30am Basics of Barbell Training Franchesca | |
| | 4:00- 4:55pm Easy Fit Ryan | 1:30-2:25pm Mom &Baby Mary | 5:30-6:25pm Rock Body Rose | 5:30-6:25pm Taekwondo 7-11* Jessica | 2 – 4-week sessions | |
| | 5:00-5:55pm Yoga Flow Mary | | | | | |
| | 6:15pm -7:10pm Stretch & Core Josh | 7:00-7:55pm Zumba Fit Biliana | 6:30-7:25pm Gentle Yoga Gerald | 6:30-7:25pm Taekwondo Class For Women Jessica | 11:45-12:45pm Women on Weights* Franchesca | |

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GROUP FITNESS

Brooklin Community Centre & Library

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------------------------|--|---|--------|----------|--------|
| Brooklin Community Centre and Library- Multipurpose Room | | | | | | |
| | | | | | | |
| | | 5:30-6:25pm Boot Camp Ryan | | | | |
| 7:00-7:55pm Barre Dawn | | 6:30-7:25pm Latin Dance Fit Ryan | 6:30-7:25pm Total Body Circuit Dawn | | | |
| 8:00-8:55pm Restorative Yoga Gerald | 7:00-7:55pm Zumba Fit Biliana | 7:30-8:25pm Beginner Dance Ryan | | | | |

Group Fitness Fees

| Registration Options | Adult (18-54) | Adult 55 + | Youth (14-17) |
|---|---------------|------------|---------------|
| Registered Class | \$90.18 | \$45.09 | \$45.09 |
| Drop-In - Single Class | \$11.26 | \$5.62 | \$5.62 |
| 10 Pass - 10 Class Drop-In | \$101.31 | \$50.66 | \$50.66 |
| | | | |
| Fit Pass - Unlimited Classes per session | \$180.35 | \$90.18 | \$90.18 |
| Health Club Annual Member Fit Pass - Unlimited Classes per 11-week session | \$127.31 | \$63.65 | \$63.65 |

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.