

# GROUP FITNESS

## Whitby Civic Recreation Complex

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|---|--|---|--|--|--|---|
| <b>Whitby Civic Recreation Centre – Upper Multipurpose room</b> |  |   |  |  |  |   |
| 6:30-7:25am<br><b>Yogalates</b><br>Eilyn                        | 6:15-7:10am<br><b>Full Body Fitness</b><br>Pete              | 6:15-7:10am<br><b>Strength &amp;Core</b><br>Pete        | 6:15-7:10am<br><b>Spin &amp; Strength</b><br>Pete  |  |  |   |
| 7:25-8:20am<br><b>Yogalates</b><br>Eilyn                        | 9:00-9:55am<br><b>Pilates for Seniors Level 1</b><br>Karen C | 9:00-9:55am<br><b>Step &amp; Sculpt</b><br>Carol        | 9:00-9:55am<br><b>Gentle Yoga</b><br>Gerald        | 9:00-9:55am<br><b>Circuit Training</b><br>Karen C              | 9:00-9:55am<br><b>Step &amp; Sculpt</b><br>Kathy                                       |   |
| 9:00-9:55am<br><b>Strength &amp; Stretch</b><br>Karen C         | 10:15-11:10am<br><b>ABT</b><br>Carol                         | 10:15-11:10am<br><b>Rock Body</b><br>Carol              | 10:15-11:10am<br><b>Boot Camp</b><br>Carol         | 10:15-11:10am<br><b>Step &amp; Sculpt</b><br>Carol             | 10:00-10:55am<br><b>Taekwondo*</b><br>Ages 4-6   | 10:00-10:55am<br><b>Taekwondo*</b><br>Ages 4-6          |
| 10:15-11:10am<br><b>Low Impact</b><br>Karen C                   | 11:15-12:10pm<br><b>Dance Fit</b><br>Carol                   | 11:15-12:10pm<br><b>Yoga Flow</b><br>Mary               | 11:15-12:10pm<br><b>Zumba Fit</b><br>Carol         | 11:15-12:25pm<br><b>Jazz 1</b><br>Carol                        | 11:00-11:55am<br><b>Taekwondo*</b><br>Ages 7-11  | 11:00-11:55am<br><b>Taekwondo*</b><br>Ages 7-11         |
| 11:15-12:10pm<br><b>Pilates</b><br>Karen C                      | 12:15-1:10pm<br><b>SMR</b><br>Carol                          | 12:15-1:10pm<br><b>Light &amp; Lively 2*</b><br>Karen C | 12:15-1:10pm<br><b>Rock Body</b><br>Carol          | 12:30-1:25pm<br><b>Dance Fit</b><br>Carol                      | 12:00-12:55pm<br><b>Taekwondo*</b><br>Ages 12+   | 12:00-12:55pm<br><b>Taekwondo*</b><br>Ages 12+          |
| 1:30-2:25pm<br><b>Easy Fit</b><br>Ryan                          | 1:30-2:55pm<br><b>Tap 1 Dance</b><br>Carol                   | 1:30-2:25pm<br><b>Light &amp; Lively 1</b><br>Karen C   | 1:30-2:25pm<br><b>Ball Fit</b><br>Mary             | 1:30-2:25pm<br><b>ABT</b><br>Carol                             |  |   |
| 2:30-3:25pm<br><b>Basic Bootcamp</b><br>Ryan                    | 3-3:55pm<br><b>Kettlebell</b><br>Carol                       |   | 2:30-3:25pm<br><b>HIIT</b><br>Karen M              | 2:30-3:25pm<br><b>Pilates for Seniors* Level 2 (Karen C)</b>   |  | <b>*Registration only and not included in Fit Pass.</b> |
|   | 4:15-5:00pm<br><b>Express Circuit</b><br>Josh                |   | 3:30-4:25pm<br><b>Lower Body Shred</b><br>Karen M  | 4:15-5:00pm<br><b>Express Strength and Conditioning (Josh)</b> |  |   |
| 5:30-6:25pm<br><b>Rock Body</b><br>Rose                         | 5:20-6:15pm<br><b>Spinning</b><br>Pete                       | 5:30pm-6:25pm<br><b>Cardio &amp; Core</b><br>Rose       | 5:25-6:20pm<br><b>Spin &amp; Strength</b><br>Pete  |  |  |   |
|   | 6:30-7:25pm<br><b>Step &amp; Sculpt</b><br>Kathy             |   | 6:35-7:30pm<br><b>Step &amp; Sculpt</b><br>Kathy   | 6:30-7:25pm<br><b>Gentle Yoga</b><br>Eilyn                     |  |   |
| 8:05-9pm<br><b>Latin Dance Fit</b><br>Ryan                      | 7:30-8:25pm<br><b>Strength &amp; Conditioning</b><br>Josh    | 8:05-9pm<br><b>Boot Camp</b><br>Josh                    | 7:35-8:30pm<br><b>Power Yoga</b><br>Gerald         | 7:30-8:25pm<br><b>Deep Stretch</b><br>Eilyn                    |  |   |
| <b>Whitby Civic Recreation Centre – Lower Multipurpose room</b> |  |   |  |  |  |   |
|   | 10:30-11:25am<br><b>Mat Pilates</b>                          | 11:15-12:10pm<br><b>SMR</b><br>Carol                    | 12:15-1:10pm<br><b>Mom &amp; Baby Yoga</b><br>Mary | 4:30-5:25pm<br><b>Taekwondo 4-6*</b>                           | 10-11:30am<br><b>Basics of Barbell Training *</b><br>Franchesca<br>2 – 4-week sessions |   |
|   | 11:30-12:25pm<br><b>Ab Attack</b><br>Eilyn                   | 12:15-1:10pm<br><b>Sculpt &amp; Stretch</b><br>Mary     | 1:45-2:40pm<br><b>SMR</b><br>Carol                 | 5:30-6:25pm<br><b>Taekwondo 4-6*</b>                           |  |   |
|   | 5:00-5:55pm<br><b>Yoga Flow</b><br>Mary                      |   |  | 6:30-7:25pm<br><b>Taekwondo 7-11*</b>                          |  |   |
|   | 6:15-7:10pm<br><b>Stretch &amp; Core</b><br>Josh             | 1:15-2:10pm<br><b>Mom &amp; Baby Fit</b><br>Mary        |  | 7:30-8:25pm<br><b>Taekwondo 7-11*</b><br>Jessica               |  |   |

Spring- In effect from April 7<sup>th</sup>, 2026, to June 21<sup>st</sup>, 2026

# GROUP FITNESS

Brooklin Community Centre & Library

| Monday  | Tuesday | Wednesday                                     | Thursday   | Friday | Saturday | Sunday                                      |
|---|---------|---|--|--------|----------|---|
| <b>Brooklin Community Centre and Library- Multipurpose Room</b> |         |   |  |        |          |   |
|   |         |   |  |        |          | 9:00-9:55am<br><b>Cardio Sculpt</b><br>Dawn |
|   |         | 5:30-6:25pm<br><b>Boot Camp</b><br>Ryan       |  |        |          |   |
| 6:30-7:25pm<br><b>Barre</b><br>Dawn                             |         | 6:30-7:25pm<br><b>Latin Dance Fit</b><br>Ryan | 6:30-7:25pm<br><b>Total Body Circuit</b><br>Dawn |        |          |   |
|   |         | 7:30-8:25pm<br><b>Beginner Dance</b><br>Ryan  |  |        |          |   |

## Group Fitness Fees

| Registration Options  | Adult (18-54) | Adult 55 + | Youth (14-17) |
|---|---------------|------------|---------------|
| <b>Registered Class</b>   | \$92.89       | \$46.44    | \$46.44       |
| <b>Drop-In - Single Class</b>   | \$11.45       | \$5.72     | \$5.72        |
| <b>10 Pass - 10 Class Drop-In</b>   | \$103.03      | \$51.52    | \$51.52       |
| <b>Fit Pass - Unlimited Classes per session</b>                                   | \$185.76      | \$92.88    | \$92.88       |
| <b>Health Club Annual Member Fit Pass - Unlimited Classes per 11-week session</b> | \$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.
- 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.