

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 Carol	9:00-9:55am Step & Sculpt Carol	9:00-9:55am Gentle Yoga Joanne	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 Joanne	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		2:30-3:25pm Pilates for Seniors Level 2 (Karen) 4:30-5:25pm Taekwondo 4-6 * Jessica	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 Pete	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 Joanne		
	6:30-7:25pm Step & Sculpt Kathy	6:30-7:25pm Bollywood Joisylene	6:30-7:25pm Step & Sculpt Kathy	6:30-7:25pm Gentle Yoga Joanne		
7:30-8:25pm Latin Dance Fit Ryan	7:30-8:25pm Strength & Conditioning Josh	7:30- 8:25pm Boot Camp Josh				
Whitby Civic Recreation Centre – Lower Multipurpose room						
	9:00-9:55am Pilates for Seniors Level 1 Karen 4:00- 4:55pm Easy Fit /Ryan 5:00-5:55pm Yoga Flow Mary	11:15-12:10pm Rock Body Carol 12:30-1:25pm Yoga Flow Mary 1:30-2:25pm Mom &Baby Mary	12:15-1:10pm Mom & Baby Yoga Mary 1:45-2:40pm Rock Body Carol 5:30-6:25pm Rock Body Rose	4:15-5pm Express Strength & Conditioning (Josh) 5:30-6:25pm Taekwondo 7-11* Jessica 6:30-7:25pm Taekwondo Class For Women Jessica	10-11:30am Basics of Barbell Training Franchesca 2 – 4-week sessions 11:45-12:45pm Women on Weights* Franchesca	
	6:15pm -7:10pm Stretch & Core Josh	7:00-7:55pm Zumba Fit Biliana				

Fall- In effect from Oct 6th, 2025, to Dec 14th, 2025

GROUP FITNESS

Brooklin Community Centre & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brooklin Community Centre and Library- Multipurpose Room						
						9:00-9:55am Cardio Sculpt Dawn
		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 Joanne	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.