



# PROGRAM SCHEDULE

APRIL 3 – JULY 2  
GROUP EXERCISE

## MEMBERSHIPS WITH MEANING

Welcome to a community with a mission to enhance the quality of life and citizenship for people of all ages and abilities. The Abilities Centre provides inclusive programs and services of the highest quality and value to people who may not have had the opportunity otherwise. By choosing to be a member of the Abilities Centre you are purchasing a membership with meaning which will enrich the lives of so many people in the community.



Suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition.



These classes are for anyone who is new to fitness or is looking to stay active.



Registered programs. Extra fees may apply. Varied start dates. See class descriptions for details.

Monday		
6:00am-6:45am	Spin 'n' Sculpt	Studio 1
9:30am-10:15am	Spin	Studio 1
9:30am-10:20am	Dance Fit	Court 3
10:40am-11:25am	Strength & Stretch	Court 3
10:40am-11:25am	Yoga: Gentle	Studio 2
12:00pm-12:45pm	Spin	Studio 1
1:30pm-2:30pm	TIME™ (\$)	Court 1
6:00pm-6:55pm	Body Sculpt	Court 3
6:30pm-7:15pm	Spin	Studio 1
7:00pm-7:55pm	Dance Fit	Court 3
7:00pm-8:00pm	TRX (\$)	MoveStrong
8:00pm-8:55pm	Yoga: Gentle	Studio 2

Tuesday		
6:00am-6:45am	Pump It!	Court 3
9:30am-10:15am	Spin	Studio 1
9:30am-10:20am	20/20/20	Court 3
10:30am-11:30am	Respiratory & Cardiac Maintenance	Court 1
10:40am-11:25am	Seated Yoga	Studio 2
12:00pm-12:45pm	Guns 'n' Glutes	Studio 1
12:00pm-1:00pm	TIME™ (\$)	Court 1
1:30pm-2:30pm	TIME™ (\$)	Court 1
6:00pm-6:55pm	Pump It!	Court 3
6:30pm-7:15pm	Spin	Studio 1
6:00pm-6:55pm	Yoga: Vinyasa Flow	Studio 2
7:10pm-8:05pm	Dance Fit	Theatre
7:00pm-8:00pm	Ultimate Bootcamp (\$)	Court 3

Wednesday		
6:00am-6:45am	Spin 'n' Sculpt	Studio 1
8:30am-9:15am	Strength & Stretch	Court 3
9:30am-10:15am	Spin Plus	Studio 1
9:30am-10:20am	Body Sculpt	Court 3
10:40am-11:25am	Mamaste	Music Room
10:40am-11:25am	Strength & Stretch	Court 3
10:40am-11:25am	Yoga: Gentle	Studio 2
12:00pm-12:45pm	Spin	Studio 1
12:00pm-1:00pm	TIME™ (\$)	Court 1
1:30pm-2:30pm	TIME™ (\$)	Court 1
6:00pm-6:55pm	HIIT	Court 3
6:30pm-7:15pm	Spin	Studio 1
7:00pm-8:00pm	TRX (\$)	MoveStrong
7:00pm-7:55pm	Dance Fit	Court 3
8:00pm-8:55pm	Yoga: Flow	Studio 2

Thursday		
6:00am-6:45am	Body Sculpt	Court 3
9:30am-10:15am	Spin	Studio 1
9:30am-10:20am	Dance Fit	Court 3
9:30am-10:15am	20/20/20	Field House
10:30am-11:30am	Respiratory & Cardiac Maintenance	Court 1
10:40am-11:25am	Yoga: Vinyasa Flow Intermediate	Studio 2
12:00pm-1:00pm	TIME™ (\$)	Court 1
12:00pm-1:00pm	Tai Chi	Studio 2
1:30pm-2:30pm	TIME™ (\$)	Court 1
6:00pm-6:55pm	Yoga: Gentle	Studio 2
6:00pm-6:55pm	Pump It!	Court 3
6:30pm-7:15pm	Spin	Studio 1
7:00pm-8:00pm	Ultimate Bootcamp (\$)	Court 3

Friday		
6:00am-6:45am	HIIT	Court 3
9:30am-10:15am	Spin	Studio 1
9:30am-10:20am	Body Sculpt	Court 3
10:30am-11:30am	Respiratory & Cardiac Maintenance	Court 1
10:40am-11:25am	Seated Yoga	Studio 2
10:40am-11:25am	Stroller Fit	Field House
12:00pm-1:00pm	TIME™ (\$)	Court 1
12:00pm-12:55pm	Yoga: Gentle	Studio 2

Saturday		
9:00am-9:55am	HIIT	Court 3
9:00am-9:55am	Spin	Studio 1
10:00am-10:55am	Spin	Studio 1
10:00am-10:55am	Dance Fit	Court 3
11:00am-11:55am	Yoga: Gentle	Studio 2

Sunday		
9:00am-9:55am	Body Sculpt	Court 3
10:00am-11:00am	Spin Plus	Studio 1
11:00am-11:55am	Yoga: Gentle	Studio 2

## You Belong Here

## FREE COMMUNITY EVENT

### HOURS OF OPERATION:

Monday-Fridays 5:30am-10:00pm • Saturdays 7:00am-8:00pm • Sundays 8:00am-8:00pm  
55 Gordon Street, Whitby ON L1N 0J2 | Tel: 905-665-8500 | www.abilitiescentre.org

Parents or Guardians of children under the age of 12 must remain within the Abilities Centre facility while their children participate in any membership inclusion program. When not participating in a supervised program, children under 12 must be directly supervised by parent or guardian of 18+ at all times.

## PROGRAM SCHEDULE

APRIL 3 – JULY 2  
FAMILY, CHILD & YOUTH



\* See class descriptions for more details on scheduling (\$ Registered programs. Extra fees may apply- varied start dates. See class descriptions for details.

## CAMPS @ ABILITIES CENTRE

### Summer Camp | July - August

Campers can look forward to a fun-filled day of sports, crafts, games and group activities. Make friends, learn new sports and have fun!

## REGISTER TODAY

For more information contact:  
camp@abilitiescentre.org 905-665-8500 ex.219

## HOLIDAY HOURS & SCHEDULE

### 8:00am - 4:00pm

Monday, May 22 | Victoria Day

Saturday, July 1 | Canada Day

9:00am - 9:55am	Body Sculpt	Court 3
10:00am - 10:45am	Spin	Studio 1
9:00am - 11:00am	Child Sports & Games	Court 1a
9:00am - 11:00am	Preschool Sports & Games	Court 1b

### Important Facility Notices :

Please note the following dates, courts 1 & 2 will be closed.

Saturday April 1, 2017 & Sunday April 2, 2017

Saturday April 8, 2017 & Sunday April 9, 2017

Saturday April 22, 2017 & Sunday April 23, 2017

Saturday April 29, 2017 & Sunday April 30, 2017

The location changes affect the following classes:

#### Saturday

10:00am-11:00am	Dance Fit	Theatre
8:45am-11:15	Preschool/Child Sports & Games	Games Room

#### Sunday

10:00am-11:00am	Body Sculpt	Studio 2
8:45am-11:15	Preschool/Child Sports & Games	Games Room

Monday			
9:30am - 10:25am	Stories, Songs & Sign	Music Room	2-5 years
10:35am - 11:30am	Monkey Around	RMHC Play Space	2-5 years
1:00pm - 4:00pm	Pickleball (\$)	Court 3	12+ years
5:45pm - 8:15pm	Preschool Sports & Games	Court 1 a	2-5 years
5:45pm - 8:15pm	Child Sports & Games	Court 1 b	6-11 years
6:00pm - 6:45pm	Taekwondo White Belt (\$)	Atrium	5-11 years
6:00pm - 7:00pm	Youth Conditioning	Fitness Room	12-14 years
6:45pm - 7:30pm	Taekwondo Yellow + Belt (\$)	Atrium	5-11 years
7:30pm - 8:15pm	Taekwondo All Belts (\$)	Atrium	12+ years
Tuesday			
9:30am - 10:25am	Tiny Tumblers	Court 2	2-5 years
10:35am - 11:30am	Play & Grow	RMHC Play Space	2-5 years
5:45pm - 8:15pm	Preschool Sports & Games	Court 1 a	2-5 years
5:45pm - 8:15pm	Child Sports & Games	Court 1 b	6-11 years
Wednesday			
9:30am - 10:25am	Group Games	Music Room	2-5 years
10:35am - 11:30am	Monkey Around	RMHC Play Space	2-5 years
1:00pm - 3:00pm	Pickleball	Court 3	12+ years
5:45pm - 8:15pm	Preschool Sports & Games*	Court 1 a	2-5 years
*(2nd and 4th Wednesday)			
5:45pm - 8:15pm	Child Sports & Games*	Court 1 b	6-11 years
*(2nd and 4th Wednesday)			
6:00pm - 7:00pm	Tiny Dancers	Studio 2	2-5 years
6:30pm - 8:00pm	ASC Sports Night (\$)*	Court 1	Ages 18+
*(1st and 3rd Wednesday)			
6:30pm - 8:00pm	Boccia Club (\$) *	Track	All Ages
*(3rd and 4th Wednesday)			
7:00pm - 8:00pm	Dance Dynamics	Studio 2	6-11 years
Thursday			
9:30am - 10:25am	Li'l Sportsters	Court 1	2-5 years
10:35am - 11:30am	Play & Grow	RMHC Play Space	2-5 years
5:45pm - 8:15pm	Preschool Sports & Games	Court 1 a	2-5 years
5:45pm - 8:15pm	Child Sports & Games	Court 1 b	6-11 years
Friday			
9:30am - 10:25am	Alphabet Art	Art Room	2-5 years
10:35am - 11:30am	Monkey Around	RMHC Play Space	2-5 years
1:00pm - 3:00pm	Pickleball (\$)	Court 3	12+ years
5:00pm - 8:00pm	Family Badminton	Court 3	All Ages
Saturday			
8:45am - 11:15am	Preschool Sports & Games	Court 1 a	2-5 years
8:45am - 11:15am	Child Sports & Games	Court 1 b	6-11 years
10:00am - 11:00am	Junior Ninjas (\$)	MoveStrong	5-11 years
Sunday			
8:45am - 11:15am	Preschool Sports & Games	Court 1 a	2-5 years
8:45am - 11:15am	Child Sports & Games	Court 1 b	6-11 years
1:00pm - 3:00pm	Family Badminton	Court 3	All Ages
1:30pm - 3:00pm	Drop in Boccia	Track	All Ages

#### HOURS OF OPERATION:

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**YOU BELONG HERE**



# PROGRAM DESCRIPTIONS

APRIL 3 – JULY 2  
GROUP EXERCISE

This is your week at a glance for all Abilities Centre classes & programs including those that are free for members as well as those that are fee-based for members & non-members. All group exercise classes require a minimum participant age of 12 years, unless otherwise stated.

### Beginner Spin

This lower intensity spin class can help strengthen the body, improve flexibility, range of motion, and increase stamina and endurance. **Th 2:30-3:15pm**

### Body Sculpt

This class combines fun cardio workouts with all-over body muscle conditioning. Enjoy the music, feel the burn and push your limits! **Th 6:00am-6:45am W,F 9:30am-10:20am Su 9:00am-9:55am**

### Dance Fit

This fun-filled choreographed class focuses on all aerobic dance moves from Latin, African, Hip Hop and good old disco, followed by a cool-down and strength portion. Intensity level is adjustable. **M 9:30am-10:20am M W 7:00pm-7:55pm Tu 7:10pm-8:05pm S 10:00am-10:55am**

### Guns 'n' Glutes

This challenging class works through a variety of essential core, upper-body and leg exercises, providing great toning results. **T 12:00pm-12:45pm**

### HIIT

This high-intensity interval training (HIIT) class alternates short periods of intense anaerobic exercise with less-intense recovery periods. Resistance training may be incorporated into this class. Alternatives will be offered during class. **W 6:00pm- 6:55pm F 6:00am-6:45am S 9:00am-9:55am**

### Mamasté

Improve strength, flexibility and stamina as you bond with your baby. **W 10:40am – 11:25am**

### Pump It!

This class involves a bar and plates workout designed to tighten and tone your entire body while focusing on strength conditioning at your own pace. **T 6:00am-6:45am T Th 6:00pm-6:55pm**

### Respiratory & Cardiac Maintenance

This post-rehabilitation program provides supervised exercise classes for those who have chronic lung or cardiac conditions. Physician referral required. **T Th F 10:30am- 11:30am**

### Seated Yoga

This class involves a gentle form of yoga performed in a sitting position and aims to help you clear your mind and relax your body, while you enjoy a full body stretch. **T F 10:40am-11:25am**

### Spin

This spin class builds endurance and trains leg muscles to be strong with minimal weight bearing. Intensity level is adjustable. **M T W Th F 9:30am-10:15am M T W Th 6:30pm-7:15pm M W 12:00-12:45pm S 9:00am-9:55am S 10:00am-10:55am**

### Spin Plus

This spin class builds endurance and trains leg muscles while also focusing on upper-body resistance exercises. Intensity level is adjustable. **W 9:30am-10:15am Su 10:00am-11:00am**

### Spin 'n' Sculpt

This class combines 25 minutes of spinning and 20 minutes of core & upper body exercises. Work at your own pace and challenge your limits! **M W 6:00am-6:45am**

### Strength 'n' Stretch

This low-impact class is ideal for beginners and can help strengthen the body, improve flexibility and range of motion, and increase stamina and endurance. **M W 10:40am- 11:25am ,W 8:30am-9:15am**

### Stroller Fit

This class caters to all fitness levels: pregnant moms, new moms, Dads, Grandparents and conditioned moms with one or two stroller-aged children. To participate, we recommend consulting with your physician to ensure you are ready. **F 10:40am-11:25am**

### Tai Chi

Slow, rhythmic movements calm the body and the mind, gently relaxing points of tension, offering an exhilarating yet peaceful and holistic approach to exercise. **Th 12:00pm- 1:00pm**

### Yoga: Gentle

This class will help you control your body, as you move through traditional yoga postures and poses using conscious breathing and mental focus. **M W 10:40am-11:25am M 8:00pm-8:55pm W 8:00pm-8:55pm, Th 7:00pm-7:55pm, F 12:00pm-12:55pm S Su 11:00am-11:55am**

### Yoga: Vinyasa Flow/ Intermediate

Experience your connection between breath & movement, expand your mind & spirit with grace, while feeling the balance of mind, body & spirit. **Tu 6:00pm-6:55pm W 8:00pm-8:55pm Th 10:40-11:25**

### 20/20/20

During this 60min class you will have an all over body workout with a variety of levels. 20 min of cardio training, 20 min of strength & Toning and 20 min of core & stretching. **Th 9:30am-10:25am**

### 3...2...1...

A fun and energizing class that is comprised of 3 minutes cardio, 2 minutes of strength and 1 min of abs done circuit style. Blast fat, build muscle, and strengthen your core. **T 9:30am-10:20am**

## HOLIDAY HOURS & SCHEDULE

**8:00am - 4:00pm**

Friday, April 14, Good Friday | Monday, May 22, Victoria Day | Saturday, July 1 | Canada Day

9:00am - 9:55am	Body Sculpt	Court 3
10:00am - 10:45am	Spin	Studio 1
9:00am - 11:00am	Child Sports & Games	Court 1a
9:00am - 11:00am	Preschool Sports & Games	Court 1b

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## PROGRAM DESCRIPTIONS

APRIL 3 – JULY 2  
FAMILY, CHILD & YOUTH



### Specialty Classes (\$)

#### AC Healthy Eating Club (12+ yrs)

Join our group and improve your eating habits as we meet once a week for 6 weeks with our Certified Registered Holistic Nutritionist. 6- Week program at \$90 for members and \$150 for non-members.

#### Adult Social Club Sports Night (18+ yrs)

This recreational program, sponsored by Scotiabank, offers adults the opportunity to learn new sports skills while having fun, making friends, and enhancing self-esteem! The session runs the first and third Wednesday of the month at a total cost of \$25.

#### Boccia Club (all ages)

Ideal for all ages and abilities, boccia provides players with an accessible opportunity to challenge mental and physical limits! Free for members, \$4 non-member drop in, and \$3 Whitby senior drop-in.

#### Junior Ninjas (5-11 yrs)

Encourage your kids to burn off a little extra energy in this Ninja Warrior boot camp designed just for them! \$4 for members and \$6 for non-members. **S 10:00am-11:00am**

#### Pickleball (12+ yrs)

This exciting paddle sport combines badminton, tennis and table tennis. It is played using a paddle and a whiffle ball over a lowered net. Free for members, \$4 non-members drop-in, and \$3 Whitby senior drop-in. **M W F 1:00pm-3:00pm**

#### Taekwondo (5+ yrs)

Build confidence, self-discipline and focus while improving your fitness! Taekwondo combines combat techniques, self-defense, sport and exercise. 14-week sessions at \$143 for members and \$174 for non-members. **M 6:00pm-6:45pm White Belt 6:45pm-7:30pm Yellow Belt 7:30pm- 8:15pm All Belts non-members \$140. W 4:00pm -5:00pm**

#### TIME™ (Together in Movement and Exercise) (18+ yrs)

TIME™ is ideal for individuals with neuromuscular conditions, such as a stroke and MS, who are able to walk at least 10m. Physician referral required. \$18/week for members and \$26/week for non-members **T W Th F 12:00pm- 1:00pm MT Th 1:30pm- 2:30pm**

#### TRX (12+ yrs)

Our certified TRX trainers will take you through our TRX Suspension Trainer equipment to help you complete a full-body workout and build a rock-solid core. 6 week session once a week \$60 for members and \$120 for non-members. **M W 7:00pm- 8:00pm**

#### Ultimate Bootcamp

Easy to follow and very effective, offering a variety of different stations including ropes, barbells, resistance bands and more. \$80 for members and \$120 for non-members. **T Th 7:00pm-8:00pm**

#### Youth Conditioning Certificate (12-14 yrs)

Learn how to properly work out and put what you have learned into practice under the guidance of a certified fitness trainer. Completion of this course allows youth as young as 12 to use the weight room. 4-week course at \$40 for members and \$120 for non-members. **M 6:00pm-7:00pm**

Please note: All Registered/Specialty Programs are not included in your day-pass (additional fees apply). Special Conditions: Parents or guardians of children under the age of 12 must remain within the Abilities Centre facility while their child is participating in any membership inclusion program.

#### Alphabet Art (2-5 yrs)

This program is a creative and fun way to combine literacy and art! Each week kids create a unique alphabet-themed craft. **F 9:30am-10:25am**

#### Child Sports & Games (6-14 yrs)

In this supervised activity time, children are exposed to a variety of sports, adapted activities, cooperative games and play. **M T W Th 5:45pm-8:15pm S and Su 8:15am-11:15am**

#### Drop-in Family Badminton (all ages)

Badminton is open to singles, doubles and families. Be as competitive or as casual as you like with your opponent! **F 5:00pm-8:00pm Su 1:00pm-3:00pm**

#### Dance Dynamics (6-14 yrs)

Allows children and youth to develop their balance, rhythm and movement skills while having fun with their friends in this hip hop-inspired dance class. **W 7:00pm-8:00pm**

#### Group Games (2-5 yrs)

Kids engage in a variety of fun games and activities while also learning the importance of sharing and co-operative play. **W 9:30am-10:25am**

#### Li'l Sportsters (2-5 yrs)

This program provides a great introduction to the world of sport. Toddlers develop physical literacy skills while exploring the basics of different sports. **Th 9:30am-10:25am**

#### Monkey Around (2-5 yrs)

This program provides a great opportunity for kids to develop social skills while having fun using our Ronald McDonald House Charities Play Space. **M W F 10:35am-11:30am**

#### Play & Grow (2-5 yrs)

Kids develop their physical literacy while they participate in structured games and activities using our Ronald McDonald House Charities Play Space. **T Th 10:35am-11:30am**

#### Preschool Sports & Games (2-5 yrs)

In this supervised activity time, children are exposed to a variety of sports, cooperative games and play. **M T W Th 5:45pm-8:15pm S Su 8:15am-11:15am**

#### Stories, Songs & Sign (2-5 yrs)

Let your creativity shine! This program will bring stories to life using movement, music and American Sign Language. **M 9:30am-10:25am**

#### Tiny Dancers (2-5 yrs)

Your kids will learn balance and body movement in this ballet-inspired dance class for little ones. **W 6:00pm-7:00pm**

#### Tiny Tumblers (2-5 yrs)

Run! Jump! Play! Come join us as we tumble, balance and roll to develop gross motor skills, coordination, agility and a love for movement. **T 9:30am-10:25am**

## CAMPS @ ABILITIES CENTRE

Summer Camp | July - August

Campers can look forward to a fun-filled day of sports, crafts, games and group activities. Make friends, learn new sports and have fun!

## REGISTER TODAY

For more information contact:

camp@abilitiescentre.org 905-665-8500 ex.219

ABILITIES CENTRE  
CELEBRATES  
AMAZING YEARS  
JUNE 3, 2017 | 10AM-3PM

## FREE COMMUNITY EVENT