



PROGRAM SCHEDULE

JANUARY 3 – APRIL 3
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 |
| 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 | Body Sculpt | Court 3 |
| 9:30am-10:15am | Spin | Studio 1 |
| 9:30am-10:20am | Pump It! | 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 2 |
| 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: Vinyassa 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 | Stroller Fit | Field House |
| 10:40am-11:25am | Strength & Stretch | Court 3 |
| 10:40am-11:25am | Yoga: Gentle | Studio 2 |
| 12:00pm-12:45pm | Spin | Studio 1 |
| 1:00pm - 1:45pm | Spin | Studio 1 |
| 6:00pm-6:55pm | Box 'n' Sculpt | 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: Gentle | 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 |
| 10:30am-11:30am | Respiratory & Cardiac Maintenance | Court 1 |
| 10:40am-11:25am | Yoga | Studio 2 |
| 12:00pm-1:00pm | TIME™ (\$) | Court 1 |
| 12:00pm-1:00pm | Tai Chi | Studio 2 |

| Thursday | | |
|----------------|------------------------|----------|
| 1:30pm-2:30pm | TIME™ (\$) | Court 1 |
| 6:00pm-6:55pm | Pump It! | Court 3 |
| 6:30pm-7:15pm | Spin | Studio 1 |
| 7:00pm -8:00pm | Ultimate Bootcamp (\$) | Court 3 |
| 7:00pm-7:55pm | Yoga: Gentle | Studio 2 |

| 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-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 - 11:00am | 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 |

Important Facility Notices :

March 4th & 5th Court 1&2 will be closed for OBA Tournaments.

Class Location Changes available at the Welcome Desk

CAMPS @ ABILITIES CENTRE

March Break Camps! March 10 - 17

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.113

You Belong Here

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

You Belong Here

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 at all times.

PROGRAM SCHEDULE

JANUARY 3 – APRIL 3
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.



DANCE

Development

SPRING SESSION RUNS APRIL 4TH, 2017 TO MAY 9TH, 2017

This 6 week program allows children to take their dance skills to the next level!

\$48 for Members, \$68 for Non-Members

REGISTER TODAY!

CAMP@ABILITIESCENTRE.ORG
905-665-8500 EXT. 113

IT'S BACK!

Resolution Bootcamp!

Starting April 4th

Start the new year off with a jump in the right direction! Join Resolution Bootcamp today to meet your fitness goals and for your chance to win some extra cash! Compete in teams to win great prizes for reaching your fitness goals!

SIGN UP TODAY!

Call or email Tracy Mahon
tmahon@abilitiescentre.org
905-665-8500 ext. 200

Important Facility Notices :

March 4th & 5th Court 1&2 will be closed for OBA Tournaments.

Class Location Changes available at the Welcome Desk.

| 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 - 3:00pm | Pickleball (\$) | Court 3 | 12+ years |
| 5:45pm - 8:15pm | Preschool Sports & Games | Court 2 a | 2-5 years |
| 5:45pm - 8:15pm | Child Sports & Games | Court 2 b | 6-14 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 1 | 2-5 years |
| 10:35am - 11:30am | Play & Grow | RMHC Play Space | 2-5 years |
| 5:45pm - 8:15pm | Preschool Sports & Games | Court 2 a | 2-5 years |
| 5:45pm - 8:15pm | Child Sports & Games | Court 2 b | 6-14 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 2 a | 2-5 years |
| 5:45pm - 8:15pm | Child Sports & Games* | Court 2 b | 6-14 years |
| 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 |
| *(2nd 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 | 6-14 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 - 11:15pm | Preschool Sports & Games | Court 1 a | 2-5 years |
| 8:45am - 11:15pm | Child Sports & Games | Court 1 b | 6-14 years |
| 10:00am - 11:00am | Junior Ninjas (\$) | MoveStrong | 5-14 years |
| Sunday | | | |
| 8:45am - 11:15pm | Preschool Sports & Games | Court 1 a | 2-5 years |
| 8:45am - 11:15pm | Child Sports & Games | Court 1 b | 6-14 years |
| 1:00pm - 3:00pm | Family Badminton | Court 3 | All Ages |
| 1:30pm - 3:00pm | Drop in Boccia | Track | All Ages |

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

YOU BELONG HERE



PROGRAM DESCRIPTIONS

JANUARY 3 – APRIL 3
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. **W 1:00pm- 1:45pm**

Body Sculpt

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

Box 'n' Sculpt

This class offers an intense full-body workout through a fusion of boxing, martial arts and aerobics done to music. **W 6:00pm- 6:55pm**

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**

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 9:30am- 10:20am 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. **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 M 12:00pm-12:45pm**

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**

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 Th 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

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**

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 Th 9:30am-10:20am M W 7:00pm-7:55pm Tu 7:10pm-8:05pm S 10:00am-10:55am**

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 **W F 10:40am-11:25am**

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. **S 9:00am-9:55am F 6:00am-6:45am**

AC IS MAXIMIZING YOUR MEMBERSHIP!

Abilities Centre members can join the Whitby Civic Recreation Complex Health Club for an amazing rate of \$10 per month* for individuals and \$20 per month* for families. Enjoy all the benefits of being an Abilities Centre member and now get the use of the Whitby Civic Recreation Complex Health Club and swimming pools. Two great locations, with an outstanding array of amenities.

Abilities Centre is pleased to present this special offer to our members!

| |
|------------------------|
| Individual Pass |
| \$120 |
| per year +HST |

| |
|--------------------|
| Family Pass |
| \$240 |
| per year +HST |

* Memberships are paid in full

DANCE

Development



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YOU BELONG HERE

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Specialty Classes (\$)

AC Dance Development Program (5+ yrs)

This 7 week program involves across the floor contemporary, acro and jazz technique, fun dance related games and choreography lessons. Session runs January 10th, 2017 to February 21, 2017. Ages 5-7 \$49 for members and \$70 for non-members. Ages 8+ \$70 for members and \$91 for non-members.

Mini Acro Jazz (5-7yrs) T 5:00pm-5:30pm Jr. Acro Jazz (8-11yrs) T 5:30pm-6:15pm Contemporary Jazz (12yrs+) T 6:15pm-7:00pm

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. **M 6:00pm- 7:00pm**

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. **1st and 3rd W 6:30pm-8:00pm**

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. **2nd and 4th W 6:30pm-8:00pm**

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**

Resolution Bootcamp

This is our annual Bootcamp that takes place every February. Resolution Bootcamp is team driven focusing on strength. Easy to follow and very effective, offering a variety of different stations working together as a team to win our prize money at the end of the 6 weeks. **T Th 7:00pm-8:00pm**

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 T 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.

PROGRAM DESCRIPTIONS

JANUARY 3 – APRIL 3
FAMILY, CHILD & YOUTH



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**

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