

Abilities Centre Fitness & Program Schedule

September 3, 2019 – December 31, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55 am Spin 'n' Sculpt Studio 1	6:00-6:55 am HIIT Court 1	6:00-6:55 am Spin 'n' Sculpt Studio 1	6:00-6:55 am HIIT Court 1			
9:30-10:25 am Dance'n'Sculpt Court 1 ●	9:30-10:25 pm Pump Fit Court 1	8:30-9:25 am Functional Fitness Court 1 ●	9:30-10:25 am 20/20/20 Court 1	9:30-10:25 am Body Sculpt Court 1	9:00-9:55 am HIIT Court 1	9:00-9:55 am Body Sculpt Court 1
9:30-10:15 am Power Zone (Spin) Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	9:30-10:00 am ICG Coach by Colour® Virtual Spin Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	10:00-11:00 am Power Zone (Spin) Studio 1	10:00-11:00 am Power Zone (Spin) Studio 1
		9:30-10:25 am Body Sculpt Court 1	10:30-11:00 am Intro Ride ** 1 st Thursday of every month **	10:40-11:30 am Strength & Stretch Court 1 ●	10:00-10:55 am Dance'n'Sculpt Court 1 ●	
9:30-10:25 am Learn and Grow Preschool: Alphabet Art Art Room 2-5 years	9:30-10:25 am Learn and Grow Preschool: Tiny Tumblers RMCH Play space 2-5 years	9:30-10:25 am Learn and Grow Preschool: Pretend, Imagine, Discover RMCH Play space 2-5 years	9:30-10:25 am Learn and Grow Preschool: Story Time and Art Art Room 2-5 years	9:30-10:25 am Learn and Grow Preschool: Artists in Motion Music Room 2-5 years	9:00-11:00 am Child Sports & Games: Movement Games Court 2 2-5 yrs. 6-11 yrs.	9:00-11:00 am Child Sports & Games: Sunday Fun Day Court 2 2-5 yrs. 6-11 yrs.
10:40-11:30 am Strength & Stretch Court 1 ●	10:30-11:30 am Respiratory & Cardiac Maintenance * Court 1 ●	10:40-11:30 am Strength & Stretch Court 1 ●	10:30-11:30 am Respiratory & Cardiac Maintenance * Court 1 ●	10:40-11:25 am Stroller Fit Track ●	<ul style="list-style-type: none"> = Child sports and games = Lower intensity class option = Higher intensity class option *Physician referral required ● = Heart Healthy: Suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition. 	
10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years		
10:40-11:30 am Gentle Yoga Studio 2 ●	10:40-11:30 am Seated Yoga Studio 2 ●	10:40-11:30 am Gentle Yoga Studio 2 ●	10:40-11:30 am Gentle Yoga Studio 2 ●	10:40-11:30 am Seated Yoga Studio 2 ●	11:00-11:55 am Gentle Yoga Studio 2 ●	11:00-11:55 am Gentle Yoga Studio 2 ●
12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1	12:00-12:55 pm Core Concepts Studio 2	12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1	1:00-2:00 pm Tai Chi Studio 2 ●	12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1		
1:00-4:00 pm Drop in: Pickleball Court 3 ●		1:00-4:00 pm Drop in: Pickleball Court 3 ●		12:00-12:45 am Gentle Yoga Studio 2 ●	1:00-3:00 pm Learn to Pickleball (Family Friendly!) \$5 per family Court 3 ●	1:00 – 3:00 pm Drop in: Family Sports and Games Court 3 ●
	6:00-6:55 pm Vinyasa Flow Studio 2 ●		6:30-7:25 pm HIIT Court 1			3:00-5:00 pm Teen Sports and Games (12-18 years) Court 3 ●
6:00-8:30 pm Child Sports & Games: Net Games Court 2 2-5 years 6-11 years	6:00-8:30 pm Child Sports & Games: Movement Games Court 2 2-5 years 6-11 years	6:00-8:30 pm Child Sports & Games: Target Games Court 2 2-5 years 6-11 years	6:00-8:30 pm Child Sports & Games: Team Games Court 2 2-5 years 6-11 years	1:00-4:00 pm Drop in: Pickleball Court 3 ●		5:00-8:00 pm Drop in: Basketball Court 3
6:30-7:00 pm ICG Coach by Colour® Virtual Spin Studio 1	6:30-7:15 pm Power Zone (Spin) Studio 1	6:30-7:00 pm ICG Coach by Colour® Virtual Spin Studio 1	6:30-7:15 pm Power Zone (Spin) Studio 1	5:00 - 8:00 pm Family Badminton Court 3 ●		
6:30-7:25 pm HIIT Court 1	6:30-7:25 pm Total Body Circuit Court 1	6:30-7:25 pm Pump Fit Court 1	7:00-7:55 pm Gentle Yoga Studio 2 ●	SMALL GROUP TRAINING 10 sessions of small group training for a minimum of four participants. Meet once or twice a week depending on your goals! \$180 per person for 10 sessions (Min 4 participants - max 8) Tracy Mahon: tmahon@abilitiescentre.org 905-665-8500 ext. 200		
	7:30-8:25 pm Dance'n'Sculpt Court 1 ●	8:00-8:55 pm Vinyasa Flow Studio 2 ●	7:30-8:25 pm Dance'n'Sculpt Court 1 ●			

ABILITIES CENTRE G A L A & ANNUAL CELEBRATION SEPTEMBER 28, 2019 www.abilitiescentregala.com



September 28, 2019

Our 14th Annual Gala will be happening at the Abilities Centre this Saturday September 28. So make sure you get your workout in before 4pm.

This evening is very important for us in raising funds to ultimately impact research development and break barriers to improve the quality of life for people of all abilities. All proceeds from the gala will support our mission of inclusion and equality at the Abilities Centre and in our community.

We want to take this time to thank all of our members for their support over the years, and we truly appreciate your dedication to the Centre.

YOU BELONG HERE!



Program Descriptions & Schedule

September 3, 2019- December 31, 2019

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

Body Sculpt combines fun cardio workouts with specific muscle conditioning. Enjoy the music, feel the burn, and push your limits.

Core Concepts is designed for those troublesome areas! This class offers a wide variety of exercises using resistance bands.

Dance' n' Sculpt ● is a combination of choreographed aerobic dance moves. Have fun learning the moves and get a great work out!

Functional Fitness ● is a Low impact, moderate intensity class that includes cardio, strength, and core components, with an emphasis on increasing range of motion, balance, and proper form

HIIT High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with lower intensity recovery periods. Resistance training may also be mixed into this class.

PUMP FIT is a total body workout focusing on developing muscle strength and endurance using a combination of dumbbells and body weight.

Respiratory & Cardiac Maintenance ● is a post rehabilitation program that provides supervised exercise classes for individuals who have chronic lung or cardiac conditions. Physician referral required.

Strength & Stretch ● is a lower impact class ideal for those who are new to or returning to regular exercise. Focusing on increasing total body strength, flexibility, and range of motion as well as stamina and endurance.

Stroller Fit is specifically for those individuals with one or two stroller aged children. This class contains cardio components and resistance training. All fitness levels welcome.

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

Total Body Circuit A bar and plates workout designed to tone your entire body while focusing on strength conditioning at your own pace.

20/20/20 60 minutes of an all over body workout. Components of Cardio, Strength and Core for 20 mins each

Spin

Power Zone This interval based class simulates real riding and will take you through various intensity zones.

ICG Coach by Colour® virtual spin This 30 minute spin class uses the ICG bikes MyRide virtual coach to lead you through a challenging and engaging workout.

Intro Ride Learn how to set up the bike, hand positioning, proper form and ride technique. Also, understanding terms like sprint or climb. This class runs on the first Thursday of every month.

Spin n' Sculpt This class combines a 25 minute cycle with 20 minutes of core/upper body exercises that will push you to reach your maximum goal.

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.

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.

Vinyasa ● Experience your connection between breath & movement, expand your mind & spirit with grace, while feeling the balance of mind, body & spirit.

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.

Family, Child and Youth

Child Sports & Games (2-5 yrs) (6-11 yrs) In this supervised activity time, children are exposed to a variety of sports, adapted activities, cooperative games with themes like: Net Games, Movement Games, Target Games, Team Games while using their imagination.

Learn and Grow Preschool (ages 2-5) Open to children of all abilities the structured hour classes will focus on arts, physical literacy and social skill building. Children will be provided a variety of fun activities to enhance and develop their skills. Themes include: Alphabet Art, Tiny Tumblers, Artists in Motion, Play & Move and more!

Drop-in Court Activities (all ages) Badminton, pickleball, basketball, bocce are open to singles, doubles and families. Be as competitive or as casual as you like with your opponent!

Teen / Family Sports and Games (Teen ages 12-17, Family all ages) Bring your family, bring your friends! During this time members and guests can participate in a variety of different sports and Parasports!

INCLUSION ELEVATES US ALL



ABILITIES CENTRE
G A L A
 & ANNUAL CELEBRATION
SEPTEMBER 28, 2019
 Tickets on sale now!
www.abilitiescentregala.com



OBSTACLE COURSE CHALLENGE (OCC)

SEPTEMBER 9TH - OCTOBER 28TH
 MONDAYS

4:30pm-5:15pm | ages 2-5 max 15 spots
 5:30pm-6:45pm | ages 6-12 max 20 spots

Members	\$60
Non-Members	\$80

To register contact: Adam Fitzpatrick
afitzpatrick@abilitiescentre.org | 905-665-8500 ext 222

Abilities Centre Programs are designed to be inclusive of all abilities.

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

ATTENTION Fitness Room will close at 6pm on Saturday and Sunday

www.abilitiescentre.org