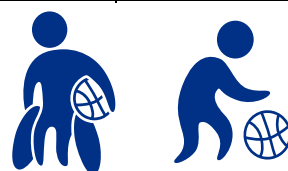


# Abilities Centre Fitness & Program Schedule

July 3, 2019 – September 2, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 am Spin 'n' Sculpt Studio 1	6:00-6:45 am HIIT Court 1	6:00-6:45 am Spin 'n' Sculpt Studio 1	6:00-6:45 am HIIT Court 1			
9:30 - 10:25am Dance'n'Sculpt Court 1 ●	9:30-10:25 pm Cardio Pump 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 Court1	9:00-9:55 am Body Sculpt Court 1
9:30-10:15 am Zone (Spin) Studio 1	9:30-10:15 am Power (Spin) Studio 1	9:30-10:15 am Spin'n'Sculpt Studio 1	9:30-10:15 am Power (Spin) Studio 1	9:30-10:15 am Zone (Spin) Studio 1	9:00-10:00 am Power (Spin) Studio 1	10:00-11:00 am Power (Spin) Studio 1
	9:30-11:30 am Child Sports & Games 2-5 years 6-11 years	9:30-10:25 am Body Sculpt Court 1	9:30-11:30 am Child Sports & Games 2-5 years 6-11 years	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: Lil' Sportsters Court 2a 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: Tiny Tumblers RMCH Play space 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 ●		10:40-11:30 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"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> = Child sports and games</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> = Lower intensity class option</li> <li><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></span> = Higher intensity class option</li> <li>*Physician referral required</li> <li>● = Heart Healthy: Suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition.</li> </ul>	
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 ●
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 ●		
<h2>AC SUMMER SLAM</h2> <p>Watch the Pros battle it on the Abilities Centre Courts! \$5 online \$7 at the door   July 13 Doors open at 5pm <a href="http://www.abilitiescentre.org">www.abilitiescentre.org</a>   <a href="mailto:nkhan@abilitiescentre.org">nkhan@abilitiescentre.org</a></p>					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	5:00 - 8:00 pm Family Badminton Court 3 ●		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			5:00-8:00 pm Drop in: Basketball Court 3
6:30-7:15 pm Edge (Spin) Studio 1	6:30- 7:15 pm Power (Spin) Studio 1	6:30-7:00 pm ICG Coach by Colour® Studio 1	6:30-7:00 pm ICG Coach by Colour® Studio 1	<h2>ULTIMATE BOOTCAMP</h2> <p><b>STARTS JULY 9</b> <b>6:00PM-7:00PM   MOVESTRONG</b> Tuesdays and Thursdays   Members \$85* Non-members \$160* Easy to follow and very effective, the Ultimate Bootcamp offers a variety of different stations from ropes, barbells, resistance bands and more. 6 week session, twice a week <b>REGISTER TODAY!</b> Tracy Mahon: <a href="mailto:tmahon@abilitiescentre.org">tmahon@abilitiescentre.org</a>   905-665-8500 ext. 200 <small>*plus tax</small></p>		
6:30-7:25 pm HIIT Court 1	6:30-7:25 pm Total Body Circuit Court 1	6:30-7:25 pm Total Body Circuit Court 1	7:00-7:55 pm Gentle Yoga Studio 2 ●			
8:00-8:55 pm Gentle Yoga Studio 2 ●		8:00-8:55 pm Vinyasa Flow Studio 2 ●	7:30-8:25 pm Dance'n'Sculpt Court 1 ●			



# ABILITIES CENTRE GALA & ANNUAL CELEBRATION SEPTEMBER 28, 2019

Tickets on sale now! [www.abilitiescentregala.com](http://www.abilitiescentregala.com)



INCLUSION ELEVATES US ALL



# Program Descriptions & Schedule

July 3, 2019 - September 2, 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.

**Cardio Pump** is total body workout that offers heart pumping cardio exercises and weight training.

**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.

**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.

**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

**Power** Series of interval sprints, jogs, climbs, and endurance drills. When your body works the bike, the bike works your body!

**Edge** This class will be 45min of sprints, climbs and teaching your mind and body how to push past that edge.

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

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

**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, bocchia 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!

## Spin



STARTING JULY 10 - AUG. 17 | MONDAYS OR WEDNESDAYS

Members	Non-members
\$65	\$130

6:30PM-7:30PM | MOVESTRONG

REGISTER TODAY!

email [tmahon@abilitiescentre.org](mailto:tmahon@abilitiescentre.org)

# TRX



JULY 13, 2019 10AM-3PM

Saturday July 13, 2019 to find your favourite local artisans and shops!

For more information contact: Jessica Moffitt  
[jmoffitt@abilitiescentre.org](mailto:jmoffitt@abilitiescentre.org)  
 905-665-8500 ext. 120

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](http://www.abilitiescentre.org)