



# Program Descriptions & Schedule

January 2, 2019 - March 31, 2019

## Abilities Centre Drop-in Program Descriptions

● **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.

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

**Zumba Dance Party** ● is a combination of choreographed aerobic dance moves. Have fun learning the moves and get a great work out!

**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.

**Mom and Baby Fitness** This class is especially designed for parents and babies under 2 years. Classic fitness exercises are offered with fun variations incorporating free weights.

**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.

**Restore Your Core** ● This 6 week class is designed for anyone looking to strengthen lower or upper back, improve posture, develop core muscles or reduce the risk of injury and strain.

**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.

**STRONG** is choreographed HIIT training that works to the beat of the music. This high intensity combination includes cardio and muscle conditioning all using your own body weight.

**SWITCH** challenge yourself by SWITCHing between low to high intensity exercises. This unique format is fast paced and includes cardio, weights, core, and balance exercises.

**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

### 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

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

### Spin

**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.

**Rhythm:** This class is a higher energy cycle class that offers upper body movement on the bike.

**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 (CSG)(6-14 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.

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

**Group Games** participate in circle, board and creative games while working with others to complete a task.

**Little Superhero's** play on inclusive obstacle courses in a safe environment, as well as, learn safety aspects during "risky play" and develop confidence and motivation to be like their favorite hero!

**Play, Grow and Move** participate and play within a group setting to become more comfortable playing in a park setting and follow rules that are set before the program focusing on the development of gross motor skills.

**Art Attack!** Work on fine motor skills such as colouring, painting and drawing that are age appropriate while developing a love of the arts and learning new creative ways to make their own masterpiece.

**Pretend. Imagine. Discover** participate in imaginative and creative play and learn about the world around them by sharing cultural and traditional aspects with the group.

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

**Abilities Centre Programs are designed to be inclusive of all abilities.  
You Belong Here**



# Abilities Centre Fitness & Program Schedule

January 2, 2019 – March 31, 2019

■ = Child sports and games ■ = Lower intensity class option □ = Higher intensity class option

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

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			
9:30-10:25 am Zumba Dance Court 1 ●	9:30-10:25 pm Cardio Pump Court 1	8:30-9:25 am Strength & Stretch 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 STRONG Court1	9:00-9:55 am Body Sculpt Court 1
9:30-10:15 am Zone(Spin) Studio1	9:30-10:15 am Power (Spin) Studio 1	9:30-10:15 am Edge (Spin) Studio 1	9:30-10:15 am Power (Spin) Studio 1	9:30-10:15 am Zone (Spin) Studio 1	10:00-11:00 am Rhythm (Spin) Studio 1	10:00-11:00 am Rhythm (Spin) Studio 1
		9:30-10:25 am Body Sculpt Court 1		10:40-11:30 am Strength & Stretch Court 1 ●	10:00- 10:55 am Zumba Dance Court 1 ●	
9:30 -10:25 am Group Games Music Room 2-5 years	9:30-10:25 am Art Attack Music Room 2-5 years	9:30 - 10:25 am Pretend, Imagine, Discover Music Room 2-5 years	9:30 - 10:25 am Stories, Song, and Sign Music Room 2-5 years	9:30 - 10:15 am Parent and Tot: Creative Movement Music Room 2-5 years	9:00-11:00 am C. S. G Movement Games Court 2 2-5 yrs. 6-11 yrs.	9:00-11:00 am C. S. G Sunday Fun Day Art Room 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 ●		
		10:40-11:25 am Mom and Baby Fitness Track		<b>Personal Training and Specialty Classes @ Abilities Centre Reach your Goals!</b>  Contact Tracy Mahon, Manager, Health & Fitness tmahon@abilitiescentre.org   905.665. 8500 ext. 200		
10:35-11:30 am Play, Grow & Move RMCH Playspace 2-5 years	10:35-11:30 am Little Superhero RMCH Playspace 2-5 years	10:35- 11:30 am Play, Grow & Move RMCH Playspace 2-5 years	10:35 - 11:30 am Little Superhero RMCH Playspace 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 ●
	12:00-12:45 pm Core Concepts Studio 2	12:00-1:00 pm Power (Spin) Studio 1		12:00-12:55 pm Gentle Yoga Studio 2 ●		
1:00-4:00pm Pickleball Court 3		1:00-4:00 pm Pickleball Court 3	1:00- 2:00 pm Tai Chi Studio 2 ●	1:00-4:00 pm Pickleball Court 3 ●		1:00 – 3:00 pm Family Badminton Court 3 ●
6:00-6:45 pm Dance Discover. Create. Studio 2	6:00-6:55 pm Vinyasa Flow Studio 2 ●	AC Budding Artist 6-6:45 pm ages 2-5 yrs. 7-7:45 pm ages 6-12yrs. 8-8:30 pm ages 13+ yrs.	6:30-7:25 pm HIIT Court 1	5:00 - 8:00 pm Family Badminton Court 3 ●		
6:00-6:30 pm Supervised Unstructured Play Court 2 2-5 years 6-11 years	6:00-6:30 pm Supervised Unstructured Play Court 2 2-5 years 6-11 years	6:00-6:30 pm Supervised Unstructured Play Court 2 2-5 years 6-11 years	6:00-6:30 pm Supervised Unstructured Play Court 2 2-5 years 6-11 years	<b>FREE REGISTERED PROGRAMS</b> Please send an email to <a href="mailto:afitzpatrick@abilitiescentre.org">afitzpatrick@abilitiescentre.org</a> or call 905-665-8500 ext. 222 to register for any programs below. These programs run in 12-week blocks and introduce new skills each week. This program is free for members and \$10/class for non-members. Classes start the week of January 7, 2019.  <b>AC Budding Artist!</b> Calling all art lovers! Join Alaina on Wednesday evenings to explore, learn and develop artistic skills related to drawing, cartooning, painting and crafting. 6-6:45pm ages 2-5 7-7:45pm ages 6-12 8-8:30pm ages 13+  <b>DDC: Dance. Discover. Create</b> Join Jessica on Monday evenings for our inclusive dance program that will give kids the tools through props and music to learn dance moves, create their own movement and discover new ways to move their body! 6-6:45pm ages 6-12		
6:30-8:30 pm C.S.G : Net Games Court 2 2-5 years 6-11 years	6:30-8:30 pm C.S.G : Movement Games Court 2 2-5 years 6-11 years	6:30-8:30 pm C.S.G : Target Games Court 2 2-5 years 6-11 years	6:30-8:30 pm C.S.G : Team Games Court 2 2-5 years 6-11 years			
6:30-7:15 pm Edge (Spin) Studio 1	6:30- 7:15 pm Rhythm (Spin) Studio 1	6:30-7:00 pm ICG Coach by Colour® Studio 1	6:30-7:15 pm Rhythm (Spin) Studio 1			
6:30-7:25 pm HIIT Court 1	6:30-7:25 pm Total Body Circuit Court 1	6:30-7:30 pm Switch Court 1	7:00-7:55 pm Gentle Yoga Studio 2 ●			
8:00-8:55 pm Gentle Yoga Studio 2 ●	7:30-8:25 pm Zumba Dance Court 1 ●	8:00-8:55 pm Vinyasa Flow Studio 2 ●	7:30- 8:25 pm Zumba Dance Court 1 ●			