

Abilities Centre Fitness & Program Schedule

April 1, 2019 – July 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			
9:30-10:25 am Zumba Dance 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 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 Power (Spin) Studio 1	10:00-11:00 am Rhythm (Spin) Studio 1
		9:30-10:25 am Body Sculpt Court 1	10:30-11:00 am Intro Ride **1 st Thurs of the month**	10:40-11:30 am Strength & Stretch Court 1 ●	10:00- 10:55 am Zumba Dance Court 1 ●	
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: 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: Alphabet 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 2a 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 ●	<p>Personal Training and Specialty Classes @ Abilities Centre</p> <p>REACH YOUR GOALS!</p> <p>Contact Tracy Mahon, Manager, Health & Fitness tmahon@abilitiescentre.org 905.665. 8500 ext. 200</p>	
		10:40-11:25 am Mom & Baby Fitness Track				
10:35-11:30 am Learn and Grow Preschool: Move & Play RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Move & Play RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Move & Play RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Move & Play RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Move & Play 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 ●
	12:00-12:45 pm Core Concepts Studio 2			12:00-12:45 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	1:00- 2:00 pm Tai Chi Studio 2 ●	1:00-4:00 pm Drop in: Pickleball Court 3 ●		1:00 – 3:00 pm Drop in: Family Sports and Games Court 3 ●
	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. Art Room Learn to Draw! 8-8:30pm ages 13+ Art Room	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 Rhythm (Spin) Studio 1	6:30-7:00 pm ICG Coach by Colour® Studio 1	6:30-7:15 pm Rhythm (Spin) Studio 1	<p>Bootcamp May 7th – June 11th Tuesday & Thursday 7:00pm – 8:00pm REGISTER TODAY Contact Tracy Mahon, Manager, Health & Fitness tmahon@abilitiescentre.org 905.665. 8500 ext. 200</p>		
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 ●			

■ = 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.



Program Descriptions & Schedule

April 1, 2019 - July 2, 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 a higher intensity, low impact workout that specifically targets the core, which is the engine and source of strength for all activities.

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

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.

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.

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.

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.

WE WANT TO HEAR FROM YOU!
contact Adam fitzpatrick and let us know what programs you would like to see this Spring for youth and teens!

afitzpatrick@abilitiescentre.org

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.

Intro Ride This class is for you! 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. Give indoor cycling a try!

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 (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, boccia 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!



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)

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