



WINTER 2018 SCHEDULE

EFFECTIVE: JANUARY 2, 2018

YOU BELONG HERE

55 Gordon Street, Whitby ON L1N 0J2
905-665-8500

www.abilitiescentre.org

MEMBER - YOGA

WINTER DROP IN SCHEDULE

EFFECTIVE: JANUARY 2, 2018

Monday			
10:40am	Yoga (Gentle)	Studio 2	55min
8:00pm	Yoga (Gentle)	Studio 2	55min
Tuesday			
10:40am	Yoga (Seated)	Studio 2	45min
6:00pm	Yoga (Vinyasa)	Studio 2	55min
Wednesday			
10:40am	Yoga (Gentle)	Studio 2	55min
8:00pm	Yoga (Flow)	Studio 2	55min
Thursday			
10:40am	Yoga (Vinyasa)	Studio 2	55min
7:00pm	Yoga (Gentle)	Studio 2	55min
Friday			
10:40am	Yoga (Seated)	Studio 2	45min
12:00pm	Yoga (Gentle)	Studio 2	
Saturday			
10:00am	Yoga (Gentle)	Studio 2	55min
Sunday			
11:00am	Yoga (Gentle)	Studio 2	55min



All above classes suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition.



All above classes are suitable for anyone who is new to fitness or is looking to stay active.

Abilities Centre, 905-665-8500
 55 Gordon Street, Whitby ON L1N 0J2
 E-mail: tmahon@abilitiescentre.org

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.



Yoga

Gentle / Beginner

This class will help you control your body, as you move through traditional yoga postures and poses using conscious breathing and mental focus.

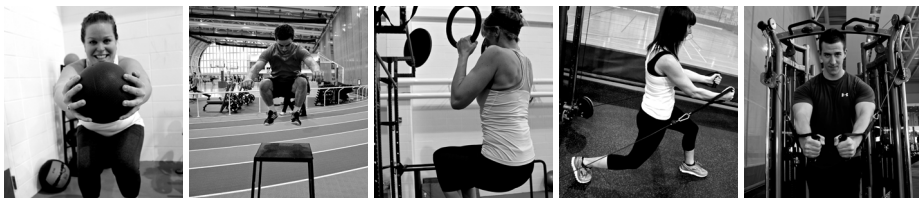
Intermediate / Flow / Vinyasa

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



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.



Personal Training and Specialty Classes @ Abilities Centre

GET THE RESULTS YOU WANT!

Contact Tracy Mahon, Manager, Health & Fitness
tmahon@abilitiescentre.org | 905.665. 8500 ext. 200

MEMBER - SPIN

WINTER DROP IN SCHEDULE

EFFECTIVE: JANUARY 2, 2018

Monday			
6:00am	Spin 'n' Sculpt	Studio 1	45min
9:30am	Spin (Zone)	Studio 1	45min
12:00pm	Spin (Edge)	Studio 1	45min
6:30pm	Spin (Edge)	Studio 1	45min
Tuesday			
9:30am	Spin (Power)	Studio 1	45min
6:30pm	Spin (Rhythm)	Studio 1	45min
Wednesday			
6:00am	Spin 'n' Sculpt	Studio 1	45min
9:30am	Spin (Edge)	Studio 1	45min
12:00pm	Spin (Power)	Studio 1	45min
6:30pm	Spin (Rhythm)	Studio 1	45min
Thursday			
9:30am	Spin (Power)	Studio 1	45min
6:30pm	Spin (Rhythm)	Studio 1	45min
Friday			
9:30am	Spin (Zone)	Studio 1	45min
Saturday			
10:00am	Spin Plus (Rhythm)	Studio 1	60min
Sunday			
10:00am	Spin Plus (Rhythm)	Studio 1	60min

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Spin

Spin class can help strengthen the body, improve flexibility, range of motion, and increase stamina and endurance. Try one of our four different types:

Power: A 45-minute high-energy cycling experience! Meghan will have you smiling AND sweating while you push yourself outside of your comfort zone. Backed by sweet beats, this rhythm-based ride includes a series of interval sprints, jogs, climbs, and endurance drills. When your body works the bike, the bike works your body!

Edge: The next edge you will find is the edge of your comfort zone, so get ready to jump right out of it and add more gear! Camille believes in exercising the connection of the mind and body. This class will be 45min of sprints, climbs and teaching your mind and body how to push past that edge.

Zone: Let Arlene get your weekend started with a ride that will get you in “the zone”. Experience a full ride of climbing, racing, endurance rides and power sprints. This interval based class simulates real riding and will take you through various intensity zones that help you lose fat, get lean, increase metabolism and improve cardiovascular endurance. This class is for beginners all the way to experienced cyclists as modifications are suggested.

Rhythm: This class is a high energy cycle class that offers upper body movement on the bike, this class may also include a weight track while you are getting that cardio Rhythm workout. The key to the rhythm ride is to ride to the beat of the music and using the music to motivate you during class. Join stephanie, Scott and Amanda in this fun and enegizingand upbeat class.

Spin n’ Sculpt: This class combines 25min of cycling in a comfortable pace and 20min of core/upper body exercises, working at your own pace to reach your maximum goal.

Spin Plus: This class is a high energy cycle class that offers upper body movement on the bike, this class may also include a weight track while you are getting that cardio Rhythm workout. The key to the rhythm ride is to ride to the beat of the music and using the music to motivate you during class. Join stephanie, Scott and Amanda in this fun and enegizingand upbeat class.

Personal Training and Specialty Classes @ Abilities Centre

GET THE RESULTS YOU WANT!

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GROUP FITNESS

WINTER DROP IN SCHEDULE

EFFECTIVE: JANUARY 2, 2018

Monday			
9:30am	DanceFit	Court 3	55min
10:40am	Strength & Stretch	Court 3	55min
6:00pm	HIIT	Court 3	55min
7:00pm	Zumba Dance Party	Court 3	55min
Tuesday			
6:00am	HIIT	Court 3	45min
9:30am	Pump It	Court 3	55min
12:00pm	Guns & Glutes	Court 3	45min
6:00pm	Body Sculpt	Court 3	55min
7:00pm	Zumba Dance Party	Court 3	55min
Wednesday			
8:30am	Strength & Stretch	Court 3	55min
9:30am	Body Sculpt	Court 3	55min
10:40am	Strength & Stretch	Court 3	55min
10:40am	Mom & Bay Barre	Court 3	45min
6:00pm	20/20/20	Court 3	55min
Thursday			
6:00am	STRONG ®	Court 3	45min
9:30am	20/20/20	Court 3	55min
6:00pm	Pump It	Court 3	55min
Friday			
9:30am	Body Sculpt	Court 3	55min
10:40am	Stroller Fit	Court 3	45min
Saturday			
9:00am	STRONG ®	Court 3	55min
10:00am	Zumba Dance Party	Court 3	55min
Sunday			
9:00am	Body Sculpt	Court 3	55min

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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.



Guns 'n' Glutes

This challenging class works through a variety of essential core, upper-body and leg exercises, providing great toning results.



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.



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.



Zumba Dance Party

This 55min Zumba dance party class will be a combination of choreographed aerobic dance moves from Latin, to Hip Hop and good old disco feeling the burn and pushing your body to its limit while you're having fun.



20/20/20

During this 60min class you will have an all over body workout with a variety of levels. 20 min of cardio training, 20 min of strength & Toning and 20 min of core & stretching.



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.



Strong®

This high energy class every squat, every lunge, every burpee is driven by the music. In a one-hour class you will burn so many calories while you are toning arms, legs, abs and glutes with high energy moves like high knees, burpees, and jumping jacks and kickboxing.



Body Sculpt

This high energy class every squat, every lunge, every burpee is driven by the music. In a one-hour class you will burn so many calories while you are toning arms, legs, abs and glutes with high energy moves like high knees, burpees, and jumping jacks and kickboxing.



Mom and Bay Barre

This class is specially designed for parents and babies under 2 years. Classic yoga practice is offered with fun variations incorporating barre movements and exercises with a chair.

LOW IMPACT

WINTER PROGRAM SCHEDULE

EFFECTIVE: JANUARY 2, 2018

Monday			
9:30am	Dance Fit	Court 3	55min
10:40am	Strength & Stretch	Court 3	55min
10:40am	Yoga: Gentle	Studio 2	55min
1:00pm	Pickleball	Court 3	3 hours
Tuesday			
10:30am	Respiratory & Cardiac Maintenance	Court 1	60min
10:40am	Seated Yoga	Studio 2	55min
12:00pm	TIME™	Court 1	60min (\$)
1:30pm	TIME™	Court 1	60min (\$)
Wednesday			
8:30am	Strength & Stretch	Court 3	55min
9:00am	Restore Your Core	Studio 2	60min (\$)
10:40am	Strength & Stretch	Court 3	55min
10:40am	Yoga: Gentle	Studio 2	55min
11:30am	Savvy Seniors Healthy Eating	LifeSkills	60min (\$)
12:00pm	TIME™	12:00pm	60min (\$)
1:00pm	Inclusive Pickleball	Court 3	3 hours (\$)
6:30pm	Boccia Club	Track	2.5hrs \$)
Thursday			
10:30am	Respiratory & Cardiac Maintenance	Court 1	60min
12:00pm	TIME™	Court 1	60 min (\$)
1:00pm	Tai Chi	Studio 2	55min
1:30pm	TIME™	Court 1	60 min (\$)
7:00pm	Yoga: Gentle	Studio 2	55min
Friday			
10:30am	Respiratory & Cardiac Maintenance	Court 1	60min
10:40am	Seated Yoga	Studio 2	55min
12:00pm	TIME™	Court 1	60min (\$)
12:00pm	Yoga: Gentle	Studio 2	55min
1:00pm	Pickleball	Court 3	3 hours (\$)
5:00pm	Family Badminton	Court 3	3 hours
Saturday			
10:00am	Yoga (Gentle)	Studio 2	55min
Sunday			
11:00am	Yoga (Gentle)	Studio 2	55min
1:00pm	Family Badminton	Court 3	2 hours
1:30pm	Drop-in Boccia	Track	1.5 hours



Respiratory & Cardiac Maintenance

This post-rehabilitation program provides supervised exercise classes for those who have chronic lung or cardiac conditions. Physician referral required. \$5 drop-in for non-members



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.



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.



Gentle Yoga

This class will help you control your body, as you move through traditional yoga postures and poses using conscious breathing and mental focus.



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.



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.



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, then this class is for you. Members & Non-members \$90 Seniors for \$72



Savvy Seniors Healthy Eating

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.



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.



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.



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. \$19.50/week for members and \$26/week for non-members



Family Badminton (All Ages)

Badminton is open to singles, doubles and families. Be as competitive or as casual as you like with your opponent!

CHILD SPORTS

WINTER PROGRAM SCHEDULE

EFFECTIVE: JANUARY 2, 2018

Monday			
9:30am - 10:25am	Motivating Movement	Court 1	2-5 years
10:35am - 11:30am	Play & Grow	RMHC Play Space	2-5 years
1:00pm - 4:00pm	Pickleball (\$)	Court 3	12+ years
6:00pm - 7:00pm	Little Superheros	RMHC Play Space	2-5 years
6:00pm - 8:00pm	Child Sports & Games	Court 1 b	6-11 years
6:00pm - 7:00pm	Ninja Warrior	Court 1a	6-11 years
6:00pm - 6:45pm	Taekwondo White Belt (\$)	Atrium	5-11 years
6:00pm - 7:00pm	Youth Conditioning	Fitness Room	12-14 years
7:00pm - 8:00pm	Preschool Sports & Games	Court 1 a	2-5 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	Play & Grow	RMHC Play Space	2-5 years
10:35am - 11:30am	Stories, Songs & Sign	Music Room	2-5 years
6:00pm - 8:00pm	Preschool Sports & Games	Court 1 a	2-5 years
6:00pm - 8:00pm	Child Sports & Games - World of Sport	Court 1 b	6-11 years
Wednesday			
9:30am - 10:25am	Motivating Movement	Court 1	2-5 years
10:35am - 11:30am	Play & Grow	RMHC Play Space	2-5 years
1:00pm - 4:00pm	Inclusive Pickleball (\$)	Court 3	12+ years
6:00pm - 8:00pm	Preschool Sports & Games	Court 1 a	2-5 years
6:00pm - 8:00pm	Child Sports & Games	Court 1 b	6-11 years
6:30pm - 8:00pm	Boccia Club (\$) *	Track	All Ages
*(2nd and 4th Wednesday)			
Thursday			
9:30am - 10:25am	Play & Grow	RMHC Play Space	2-5 years
10:35am - 11:30am	Alphabet Art	Art Room	2-5 years
6:00pm - 8:00pm	Preschool Sports & Games	Court 1 a	2-5 years
6:00pm - 8:00pm	Child Sports & Games - Active Games	Court 1 b	6-11 years
Friday			
9:30am - 10:25am	Motivating Movement	Court 1	2-5 years
10:35am - 11:30am	Play & Grow	RMHC Play Space	2-5 years
1:00pm - 4:00pm	Pickleball (\$)	Court 3	12+ years
5:00pm - 8:00pm	Family Badminton	Court 3	All Ages
Saturday			
9:00am - 11:00am	Preschool Sports & Games	Court 1 a	2-5 years
9:00am - 11:00am	Child Sports & Games	Court 1 b	6-11 years
Sunday			
9:00am - 11:00am	Preschool Sports & Games	Court 1 a	2-5 years
9:00am - 11:00am	Child Sports & Games	Court 1 b	6-11 years
1:00pm - 3:00pm	Family Badminton	Court 3	All Ages
1:30pm - 3:00pm	Drop in Boccia (\$)	Track	All Ages



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.



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. This program also provides a great opportunity for kids to develop social skills and make friends!



Preschool Sports & Games (2-5 yrs)

In this supervised activity time, children are exposed to a variety of sports, cooperative games and play.



Stories, Songs & Sign (2-5 yrs)

Let your creativity shine! This program will bring stories to life using movement, music and American Sign Language.



Motivating Movement (2-5 yrs)

In this supervised court time, kids are able to explore and develop a variety of movement skills increasing their overall physical literacy. Have fun while learning new skills and starting a love for healthy active living!



Little Superheroes (2-5 yrs)

In this supervised court time, kids are able to explore and develop a variety of movement skills increasing their overall physical literacy. Have fun while learning new skills and starting a love for healthy active living!



Taekwondo White & Yellow Belt (5-11 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



Child Sports & Games (6-11 yrs)

World of Sports

Join us on Tuesdays for World of Sport! Learn the skills and rules to the most popular sports in the world. Suitable to everyone, we will explore various sports from across the globe that will enhance our skill development and will ensure lots of fun!

Active Games

During this hour, we will be playing games that focus on teamwork, creativity, movement and FUN. Not only will you meet new friends, get active and learn new skills, but more importantly, you will have fun while doing it!



Ninja Warrior (6-11 yrs)

Want to be like your favourite ninja on TV? Join us on Saturday mornings or Monday evenings where our staff will take you through an inclusive obstacle course on the court that will challenge you to develop the skills to become a Ninja Champion!

MARCH BREAK CAMP @ ABILITIES CENTRE

Campers can look forward to a fun-filled week 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.219



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.



Taekwondo All Belts (12+ 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



Inclusive 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.



Youth Conditioning (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.



Boccia Club (All Ages)

deal 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.



Family Badminton (All Ages)

Badminton is open to singles, doubles and families. Be as competitive or as casual as you like with your opponent!

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.

AC HEALTHY EATING CLUB



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.

REGISTER TODAY

Contact Tracy Mahon Manager, Health & Fitness
tmahon@abilitiescentre.org | 905.665. 8500 ext. 200



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NOW LOCATED IN THE FIELD HOUSE

- Physiotherapy • Registered Massage Therapy
- Custom Orthotics • Sports Rehab • Medical Acupuncture and much more!

www.neurochangers.com

BOOK YOUR APPOINTMENT TODAY!

HOLIDAY HOURS & SCHEDULE

8:00am - 4:00pm

9:00am - 9:55am	Body Sculpt	Court 3
10:00am - 10:45am	Spin	Studio 1
9:00am - 11:00am	Child Sports & Games	Court 1a
9:00am - 11:00am	Preschool Sports & Games	Court 1b

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