



# WINTER DROP IN SCHEDULE

**EFFECTIVE: JANUARY 2, 2018**

You Belong Here.



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

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# 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.

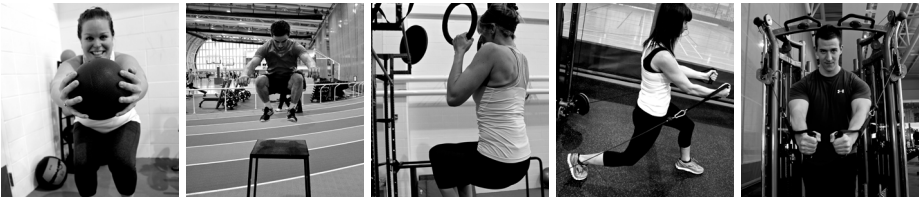
### **Intermediate / Flow / Vinyasa**

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:

**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! We believe in exercising the connection of the mind and body. This class will be 45 min of sprints, climbs and teaching your mind and body how to push past that edge.

**Power:** A 45 minute high-energy cycling experience! We 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!

**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 us in this fun and energizing and upbeat class.

**Spin n' Sculpt:** This class combines 25 min of cycling at a comfortable pace and 20 min 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 us in this fun , energizing and upbeat class.

**Zone:** Let us 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.

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## 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

# GROUP FITNESS

## WINTER DROP IN SCHEDULE

**EFFECTIVE: JANUARY 2, 2018**

Monday			
9:30am	Dance Fit	Court 3	55min
10:40am	Strength & Stretch	Court 3	45min
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	45min
9:30am	Body Sculpt	Court 3	55min
10:40am	Strength & Stretch	Court 3	45min
10:40am	Mom & Baby Barre	Court 3	45min
6:00pm	20/20/20	Court 3	55min
Thursday			
6:00am	HIIT	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	Track	45min
Saturday			
9:00am	HIIT	Court 3	55min
10:00am	Zumba Dance Party	Court 3	55min
Sunday			
9:00am	Body Sculpt	Court 3	55min

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## Body Sculpt

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



## 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.



## 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.



## Mom and Baby Barre

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



## 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.



## 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.



## Stroller Fit

This class caters to all fitness levels: pregnant Moms, new Moms, Dads, Grandparents and conditioned Moms with one or two stroller-aged children. To participate, we recommend consulting with your physician to ensure you are ready.



## Zumba Dance Party

This 55 min 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 60 min 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.

# 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	3hrs
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	3hrs (\$)
6:30pm	Boccia Club **	Track	1.5hrs (\$)
**Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month			
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	60min (\$)
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	3hrs(\$)
5:00pm	Family Badminton	Court 3	3hrs
Saturday			
10:00am	Yoga (Gentle)	Studio 2	55min
Sunday			
11:00am	Yoga (Gentle)	Studio 2	55min
1:00pm	Family Badminton	Court 3	2hrs
1:30pm	Drop-in Boccia	Track	1.5hrs (\$)





### **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.



### **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.



### **Family Badminton (All Ages)**

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



### **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.



### **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.



### **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.



### **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. 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.



### **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.



### **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.



### **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.

# 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
6:00pm - 7:00pm	Little Superheros	RMHC Play Space	2-5 years
6:00pm - 7:00pm	Ninja Warrior	Court 1a	6-11 years
7:00pm - 8:00pm	Child Sports & Games	Court 1 b	6-11 years
7:00pm - 8:00pm	Preschool Sports & Games	Court 1 a	2-5 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
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
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
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

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### **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.



### **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 make new friends, get active and learn new skills, but more importantly, you will have fun while doing it!



### **Family Badminton (All Ages)**

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



### **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!



### **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!



### **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!



### **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.

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 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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**BOOK YOUR APPOINTMENT TODAY!**

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

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

# Inclusion begins with you.

To our members, donors, partners, visitors and friends:

Abilities Centre began as a dream of a passionate group of Durham residents who believed that, together, they could build a community that was truly open to everyone.

Today, ours is a community and a model of inclusion unlike any other.

Now, we begin a journey to bring what we started in Whitby to other communities across the country and around the world. We couldn't do it without you.

## Thank you.



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