



# PROGRAM SCHEDULE

JULY 4 – SEPTEMBER 4  
GROUP EXERCISE

## 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.



Suitable for individuals with, or at risk of developing a cardiovascular or chronic health condition.



These classes are for anyone who is new to fitness or is looking to stay active.



Registered programs. Extra fees may apply. Varied start dates. See class descriptions for details.

| Monday          |                                   |            |
|-----------------|-----------------------------------|------------|
| 9:30am-10:15am  | Rhythm (cycle)                    | Studio 1   |
| 9:30am-10:20am  | Dance Fit                         | Court 3    |
| 10:40am-11:25am | Strength & Stretch                | Court 3    |
| 10:40am-11:25am | Yoga: Gentle                      | Studio 2   |
| 12:00pm-12:45pm | Edge (cycle)                      | Studio 1   |
| 6:00pm-6:55pm   | HIIT                              | Court 3    |
| 6:00pm-7:00pm   | TRX (\$)                          | MoveStrong |
| 6:30pm-7:15pm   | Edge (cycle)                      | Studio 1   |
| 7:00pm-7:55pm   | Dance Fit                         | Court 3    |
| 7:00pm-8:00pm   | TRX (\$)                          | MoveStrong |
| 8:00pm-8:55pm   | Yoga: Gentle                      | Studio 2   |
| Tuesday         |                                   |            |
| 6:00am-6:45am   | Pump It!                          | Court 3    |
| 9:30am-10:15am  | Power (cycle)                     | Studio 1   |
| 9:30am-10:20am  | Pump It!                          | Court 3    |
| 10:30am-11:30am | Respiratory & Cardiac Maintenance | Court 1    |
| 10:40am-11:25am | Seated Yoga                       | Studio 2   |
| 12:00pm-12:45pm | Guns 'n' Glutes                   | Court 3    |
| 12:00pm-1:00pm  | TIME™ (\$)                        | Court 1    |
| 1:30pm-2:30pm   | TIME™ (\$)                        | Court 1    |
| 6:00pm-6:55pm   | Pump It!                          | Court 3    |
| 6:30pm-7:15pm   | Rhythm (cycle)                    | Studio 1   |
| 7:00pm-7:55pm   | Dance Fit                         | Court 3    |
| Wednesday       |                                   |            |
| 6:00am-6:45am   | Cycle 'n' Sculpt                  | Studio 1   |
| 8:30am-9:15am   | Strength & Stretch                | Court 3    |
| 9:30am-10:15am  | Edge (cycle)                      | Studio 1   |
| 9:30am-10:20am  | Body Sculpt                       | Court 3    |
| 10:40am-11:25am | Family Yoga                       | Music Room |
| 10:40am-11:25am | Strength & Stretch                | Court 3    |
| 10:40am-11:25am | Yoga: Gentle                      | Studio 2   |
| 12:00pm-12:45pm | Power (cycle)                     | Studio 1   |
| 12:00pm-1:00pm  | TIME™ (\$)                        | Court 1    |
| 6:00pm-6:55pm   | Dance n Sculpt                    | Court 3    |
| 6:30pm-7:15pm   | Rhythm (cycle)                    | Studio 1   |
| 7:00pm-8:00pm   | TRX (\$)                          | MoveStrong |
| 8:00pm-8:55pm   | Yoga: Flow                        | Studio 2   |

| Thursday        |                                   |                   |
|-----------------|-----------------------------------|-------------------|
| 6:00am-6:45am   | Body Sculpt                       | Court 3           |
| 9:30am-10:15am  | Power (Cycle)                     | Studio 1          |
| 9:30am-10:20am  | 20/20/20                          | Court 3           |
| 10:30am-11:30am | Respiratory & Cardiac Maintenance | Court 1           |
| 10:40am-11:25am | Yoga: Intermediate                | Studio 2          |
| 12:00pm-1:00pm  | TIME™ (\$)                        | Court 1           |
| 1:30pm-2:30pm   | TIME™ (\$)                        | Court 1           |
| 6:00pm-6:55pm   | Pump It!                          | Court 3           |
| 6:30pm-7:15pm   | Rhythm (cycle)                    | Studio 1          |
| Friday          |                                   |                   |
| 9:30am-10:15am  | Zone (cycle)                      | Studio 1          |
| 9:30am-10:20am  | Body Sculpt                       | Court 3           |
| 10:30am-11:30am | Respiratory & Cardiac Maintenance | Court 1           |
| 10:40am-11:25am | Seated Yoga                       | Studio 2          |
| 10:40am-11:25am | Stroller Fit                      | Field House/Track |
| 12:00pm-1:00pm  | TIME™ (\$)                        | Court 1           |
| 12:00pm-12:55pm | Yoga: Gentle                      | Studio 2          |
| Saturday        |                                   |                   |
| 9:00am-9:55am   | HIIT                              | Court 3           |
| 9:00am-9:45am   | Rhythm (cycle)                    | Studio 1          |
| 10:00am-10:55am | Dance Fit                         | Court 3           |
| 10:00am-11:00am | Yoga: Gentle                      | Studio 2          |
| Sunday          |                                   |                   |
| 9:00am-9:55am   | Body Sculpt                       | Court 3           |
| 10:00am-11:00am | Cycle plus                        | Studio 1          |
| 11:00am-11:55am | Yoga: Gentle                      | Studio 2          |

## CAMPS @ ABILITIES CENTRE

Summer Camp | July - August

Campers can look forward to a fun-filled day of sports, crafts, games and group activities. Make friends, learn new sports and have fun!

## REGISTER TODAY

For more information contact:

[camp@abilitiescentre.org](mailto:camp@abilitiescentre.org) 905-665-8500 ex.219



## NEW PROGRAM SUMMER SPORT LEAGUE



### REGISTER TODAY!

**Starts Wednesday July 5 and runs for 8 weeks**  
**6:30pm-8:30pm | Court 2 | Ages:18+**

Inclusive physical literacy skills assessment and development, introduction to parasports- wheelchair basketball, sledge hockey and boccia. Each session will include skill development and game play  
*Registration cost - \$54 for members, \$72 for non-members*

More info, contact Adam Fitzpatrick- [afitzpatrick@abilitiescentre.org](mailto:afitzpatrick@abilitiescentre.org)

### HOURS OF OPERATION:

Monday-Fridays 5:30am-10:00pm • Saturdays 7:00am-8:00pm • Sundays 8:00am-8:00pm

Fitness Room Hours: Monday – Friday 5:30am – 10:00pm • Saturday 7:00am – 6:00pm • Sunday 8:00am – 6:00pm

55 Gordon Street, Whitby ON L1N 0J2 | Tel: 905-665-8500 | [www.abilitiescentre.org](http://www.abilitiescentre.org)

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.

## PROGRAM SCHEDULE

JULY 4 – SEPTEMBER 4  
FAMILY, CHILD & YOUTH



\* See class descriptions for more details on scheduling (\$ Registered programs. Extra fees may apply- varied start dates. See class descriptions for details.

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camp@abilitiescentre.org 905-665-8500 ex.219

### HOLIDAY HOURS & SCHEDULE

**8:00am - 4:00pm**

Monday, August 7 | Monday, September 4

|                   |                          |          |
|-------------------|--------------------------|----------|
| 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 |

## GET YOUR FREE 7 DAY PASS TODAY!

**6 DOLLAR  
SUNDAYS**



Join us every Sunday  
this summer for only **\$6**

| Monday            |                              |                 |             |
|-------------------|------------------------------|-----------------|-------------|
| 9:30am - 10:25am  | Stories, Songs & Sign        | Music Room      | 2-5 years   |
| 10:35am - 11:30am | Monkey Around                | RMHC Play Space | 2-5 years   |
| 1:00pm - 4:00pm   | Pickleball (\$)              | Court 3         | 12+ years   |
| 5:45pm - 8:15pm   | Preschool Sports & Games     | Court 1 a       | 2-5 years   |
| 5:45pm - 8:15pm   | Child Sports & Games         | Court 1 b       | 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 |
| 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  | Li'l Superhero Training  | Court 2         | 2-5 years  |
| 9:30am-10:25am    | Ninja Warrior Training   | Court 2         | 6-11 years |
| 10:35am - 11:30am | Play & Grow              | RMHC Play Space | 2-5 years  |
| 5:45pm - 8:15pm   | Preschool Sports & Games | Court 1 a       | 2-5 years  |
| 5:45pm - 8:15pm   | Child Sports & Games     | Court 1 b       | 6-11 years |

| Wednesday         |                           |                 |            |
|-------------------|---------------------------|-----------------|------------|
| 9:30am - 10:25am  | Group Games               | Music Room      | 2-5 years  |
| 10:35am - 11:30am | Monkey Around             | RMHC Play Space | 2-5 years  |
| 1:00pm - 3:00pm   | Inclusive Pickleball      | Court 3         | 12+ years  |
| 5:45pm - 7:00pm   | Preschool Sports & Games* | Court 1 a       | 2-5 years  |
| 7:00pm-8:00pm     | Play & Grow               | RMHC Play Space | 2-5 years  |
| 5:45pm - 7:00pm   | Child Sports & Games*     | Court 1 b       | 6-11 years |
| 7:00pm-8:00pm     | Parasport                 | Court 1         | 6-11 years |
| 6:00pm - 7:00pm   | Tiny Dancers              | Studio 2        | 2-5 years  |
| 6:30pm - 8:00pm   | Boccia Club (\$) *        | Track           | All Ages   |

\*(3rd and 4th Wednesday)

| 7:00pm - 8:00pm   | Dance Dynamics           | Studio 2        | 6-11 years |
|-------------------|--------------------------|-----------------|------------|
| Thursday          |                          |                 |            |
| 9:30am - 10:25am  | Li'l Superhero Training  | Court 1         | 2-5 years  |
| 9:30am-10:25am    | Ninja Warrior Training   | Court 2         | 6-11 years |
| 10:35am - 11:30am | Play & Grow              | RMHC Play Space | 2-5 years  |
| 5:45pm - 8:15pm   | Preschool Sports & Games | Court 1 a       | 2-5 years  |
| 5:45pm - 8:15pm   | Child Sports & Games     | Court 1 b       | 6-11 years |

| Friday            |                  |                 |           |
|-------------------|------------------|-----------------|-----------|
| 9:30am - 10:25am  | Alphabet Art     | Art Room        | 2-5 years |
| 10:35am - 11:30am | Monkey Around    | RMHC Play Space | 2-5 years |
| 1:00pm - 3:00pm   | Pickleball (\$)  | Court 3         | 12+ years |
| 5:00pm - 8:00pm   | Family Badminton | Court 3         | All Ages  |

| Saturday          |                          |            |            |
|-------------------|--------------------------|------------|------------|
| 9:00am - 10:00am  | Preschool Sports & Games | Court 1 a  | 2-5 years  |
| 9:00am - 10:00am  | Child Sports & Games     | Court 1 b  | 6-11 years |
| 10:00am - 11:00am | Junior Ninjas (\$)       | MoveStrong | 5-11 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   |

#### 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

**YOU BELONG HERE**

BEST



SUMMER



EVER



SUMMER DROP-IN HIGHLIGHT!

# Parasport (ages 6-12)

**Every Wednesday**

**7:00pm-8:00pm | FREE FOR MEMBERS**

children will spend time learning skills for adaptive sports then participating in games incorporating their new skills – example: wheelchair basketball & sledge hockey.





# PROGRAM DESCRIPTIONS

JULY 4 – SEPTEMBER 4  
GROUP EXERCISE

This is your week at a glance for all Abilities Centre classes & programs including those that are free for members as well as those that are fee-based for members & non-members. All group exercise classes require a minimum participant age of 12 years, unless otherwise stated.

### Body Sculpt

This class combines fun cardio workouts with all-over body muscle conditioning. Enjoy the music, feel the burn and push your limits!

### Cycle

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

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

**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.

**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.

**Cycle & 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.

### 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.

### Dance n Sculpt

Choreographed aerobic dance moves from Latin, to Hip Hop and good old disco, followed by an all over body workout using free- weights and your body weight.

### 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.

### Respiratory & Cardiac Maintenance

This post-rehabilitation program provides supervised exercise classes for those who have chronic lung or cardiac conditions. Physician referral required.

### 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.

### 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.

### 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

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

#### Family Yoga

This class is specially designed for parents and children alike. Classic yoga practice is offered with fun variations for parents and children.

### 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.

## HOLIDAY HOURS & SCHEDULE

8:00am - 4:00pm

Monday, August 7 | Monday, September 4

|                   |                          |          |
|-------------------|--------------------------|----------|
| 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:

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YOU BELONG HERE

# GET YOUR FREE 7 DAY PASS TODAY!

# 6 DOLLAR SUNDAYS



## Join us every Sunday this summer for only \$6

**When not participating in a supervised program, children under 12 must be directly supervised by a parent or guardian at all times.**

## Specialty Classes (\$)

### AC Healthy Eating Club (12+ yrs)

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.

### 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.

### Junior Ninjas (5 -11 yrs)

Encourage your kids to burn off a little extra energy in this Ninja Warrior boot camp designed just for them! This program allows kids an opportunity to further develop their physical literacy skills through a series of activities and obstacle courses as they develop the confidence and motivation to participate in physical activities and become an ultimate ninja warrior! \$4 for members and \$6 for non-members.

### 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.

### Summer Sport League (18+ yrs)

Inclusive physical literacy skills assessment and development, introduction to parasports- wheelchair basketball, sledge hockey and boccia. Each session will include skill development and game play. \$54 for members, \$72 for non-members

### Taekwondo (5+ 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

### 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. \$18/week for members and \$26/week for non-members

### TRX (12+ yrs)

Our certified TRX trainers will take you through our TRX Suspension Trainer equipment to help you complete a full-body workout and build a rock-solid core. 6 week session once a week \$60 for members and \$120 for non-members.

### Ultimate Bootcamp

Easy to follow and very effective, offering a variety of different stations including ropes, barbells, resistance bands and more. \$80 for members and \$120 for non-members.

### Youth Conditioning Certificate (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.

Please note: All Registered/Specialty Programs are not included in your day-pass (additional fees apply). Special Conditions: Parents or guardians of children under the age of 12 must remain within the Abilities Centre facility while their child is participating in any membership inclusion program.

## CAMPS @ ABILITIES CENTRE

### Summer Camp | July - August

Campers can look forward to a fun-filled day 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

## PROGRAM DESCRIPTIONS

JULY 4 – SEPTEMBER 4  
FAMILY, CHILD & YOUTH



### 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 (6-14 yrs)

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

### 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!

### Dance Dynamics (6-14 yrs)

Allows children and youth to develop their balance, rhythm and movement skills while having fun with their friends in this hip hop-inspired dance class.

### Group Games (2-5 yrs)

Kids engage in a variety of fun games and activities while also learning the importance of sharing and co-operative play.

### Li'l Sportsters (2-5 yrs)

This program provides a great introduction to the world of sport. Toddlers develop physical literacy skills while exploring the basics of different sports.

### Li'l Superhero Training (2-5 yrs)

This program takes young children through a variety of activities focusing on the development of physical literacy skills. The little super heroes will work on a variety of fun filled obstacles, developing the confidence and motivation to move their bodies just like their fav superhero!

### Ninja Warrior Training (6 -11 yrs)

Encourage your kids to burn off a little extra energy at our Ninja Warrior training class! This program allows kids the opportunity to further develop their physical literacy skills through a series of exercises and obstacle courses as they develop the confidence and motivation to participate in physical activities and become an ultimate Ninja Warrior!

### Monkey Around (2-5 yrs)

This program provides a great opportunity for kids to develop social skills while having fun using our Ronald McDonald House Charities Play Space.

### Parasport (6-11 yrs)

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

### 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.

### 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.

### Tiny Dancers (2-5 yrs)

Your kids will learn balance and body movement in this ballet-inspired dance class for little ones.

### Tiny Tumblers (2-5 yrs)

Run! Jump! Play! Come join us as we tumble, balance and roll to develop gross motor skills, coordination, agility and a love for movement.