

Abilities Centre Fitness & Program Schedule

January 2nd 2020 – March 31st 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55 am Spin 'n' Sculpt Studio 1	6:00-6:55 am HIIT Court 1	6:00-6:55 am Spin 'n' Sculpt Studio 1	6:00-6:55 am HIIT Court 1			
9:30- 10:25 am Dance'n'Sculpt Court 1 ●	9:30-10:25 pm Pump Fit 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 Power Zone (Spin) Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	9:30-10:00 am ICG Coach by Colour® Virtual Spin Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	9:30-10:15 am Power Zone (Spin) Studio 1	10:00-11:00 am Power Zone (Spin) Studio 1	10:00-11:00 am Power Zone (Spin) Studio 1
		9:30-10:25 am Body Sculpt Court 1	10:30-11:00 am Intro Ride ** 1 st Thursday of every month **	10:40-11:30 am Strength & Stretch Court 1 ●	10:00- 10:55 am Dance 'n' Sculpt Court 1 ●	
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: Tiny Tumblers RMCH Play space 2-5 years	9:30-10:25 am Learn and Grow Preschool: Little Sportsters RMCH Play space 2-5 years	9:30-10:25 am Learn and Grow Preschool: Story Time and 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 2 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 ●	<ul style="list-style-type: none"> = 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. 	
10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move RMCH Play space 2-5 years	10:35-11:30 am Learn and Grow Preschool: Play & Move 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 ●
12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1	12:00-12:55 pm Core Concepts Fieldhouse	12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1	1:00-2:00 pm Tai Chi Studio 2 ●	12:00-12:30 pm ICG Coach by Colour® Virtual Spin Studio 1		
1:00-4:00 pm Drop in: Pickleball Court 3 ●	6:00-6:55 pm Vinyasa Flow Studio 2 ●	1:00-4:00 pm Drop in: Pickleball Court 3 ●	6:30-7:25 pm HIIT Court 1	12:00-12:45 am Gentle Yoga Studio 2 ●		1:00 – 3:00 pm Drop in: Family Badminton Court 3 ●
						3:00-5:00 pm Drop in: Para sport 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	1:00-4:00 pm Drop in: Pickleball Court 3 ●		5:00-8:00 pm Drop in: Basketball Court 1
6:30-7:00 pm ICG Coach by Colour® Virtual Spin Studio 1	6:30- 7:15 pm Power Zone (Spin) Studio 1	6:30-7:00 pm ICG Coach by Colour® Virtual Spin Studio 1	6:30- 7:15 pm Power Zone (Spin) Studio 1	5:00 - 8:00 pm Family Badminton Court 3 ●		6:30-8:00 pm Drop in: Wheelchair Basketball Court 3
6:30-7:25 pm HIIT Court 1	6:30-7:25 pm Total Body Circuit Court 1	6:30-7:25 pm Pump Fit Court 1	7:00-7:55 pm Gentle Yoga Studio 2 ●	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) Samara Beard: sbeard@abilitiescentre.org 905-665-8500 ext. 202		
7:30-8:25 pm Dance 'n' Sculpt Court 1 ●		7:30-8:25 pm Vinyasa Flow Studio 2 ●	7:30-8:25 pm Dance 'n' Sculpt Court 1 ●			



ABILITIES CENTRE OBSTACLE COURSE CHALLENGE (OCC)

February 3 - March 30, 2020

Abilities Centre OCC will not only increase physical activity, but it will also increase confidence, motivation and the desire to be active! This obstacle course is fully inclusive, challenging and is designed for kids to feel success.

MONDAYS

5:30pm-6:45pm | ages 6-12- max 20 spots
MEMBERS \$60 | NON-MEMBERERS \$80



MOVING ARTS

Jan 21- March 10, 2020

This 8 week program will touch on multiple styles of dance and creative movements that are designed to meet the needs of all individuals. The focus of this class will allow individuals to explore creative movements and develop a sense of individual creativity and physical potential in a barrier free environment.

TUESDAYS

5:15-5:45pm ages 2-4 | 6:00-6:45pm ages 5-9

7:00-7:45pm ages 10-15

MEMBERS \$60 | NON-MEMBERERS \$72
afitzpatrick@abilitiescentre.org | 905-665-8500 ext 222



ACT IT OUT

Jan 16 - March 5, 2020

A great way to let loose and have fun. Be ready to get a little silly with "Whose Line is it Anyway" style improv games. A chance to really flex your funny bone!

7:00-7:50pm Teen 12-17 | 8:00-8:50pm Adult 18+

THURSDAYS

MEMBERS \$65 | NON-MEMBERERS \$80

Mdaley@abilitiescentre.org
905-665-8500 ext. 225



Program Descriptions & Schedule

January 2, 2020 - March 31, 2020

● 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.

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

Dance' n' Sculpt ● is a combination of choreographed aerobic dance moves. Have fun learning the moves and get a great work out!

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.

PUMP FIT is a total body workout focusing on developing muscle strength and endurance using a combination of dumbbells and body weight.

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.

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

Power Zone This interval based class simulates real riding and will take you through various intensity zones.

ICG Coach by Colour® virtual spin This 30 minute spin class uses the ICG bikes MyRide virtual coach to lead you through a challenging and engaging workout.

Intro Ride 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.

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.

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.

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, bocchia 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!

Family, Child and Youth

NEW PROGRAM



MOVING ARTS

Jan 21- March 10th

This 8 week program will touch on multiple styles of dance and creative movements that are designed to meet the needs of all individuals. The focus of this class will allow individuals to explore creative movements and develop a sense of individual creativity and physical potential in a barrier free environment.

TUESDAYS

5:15-5:45pm ages 2-4 | 6:00-6:45pm ages 5-9 | 7:00-7:45pm ages 10-15

MEMBERS \$60 | NON-MEMBERERS \$72

afitzpatrick@abilitiescentre.org | 905-665-8500 ext 222

PERSONAL TRAINING @ Abilities Centre

Samara Beard, Supervisor, Health & Wellness:
sbeard@abilitiescentre.org
905-665-8500 ext. 202

Abilities Centre Programs are designed to be inclusive of all abilities.

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

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

www.abilitiescentre.org