

CRC Summer Fitness Schedule

June 28th to September 6th, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15-7:15am Bootcamp Trina		6:15-7:15am Spinning Trina		7:00-7:55am Spinning Gerald	7:00-7:55am Spinning Gerald
9:15-10:10am Bootcamp (outdoor) Moe	8:15-9:10am Spinning Jen	8:15-9:10am Spin & Ball Moe	8:15-9:10am Spinning Jen	8:15-9:10am Abs/Butt/Thighs Jen	8:00-9:10am Spin & Sculpt Jen	8:00-9:10am Spin & Sculpt Sheila
9:15-10:10am Funky Step Karen	9:15-10:10am Spinning Jen 9:30-10:25am Mom & Baby Bootcamp	9:15-10:10am Bootcamp Jen	9:15-10:10am Spinning Jen	9:15-10:10am Interval Training Karen	9:15-10:10am Interval Training Jen	9:15-10:10am Cardio & Core Urs/Jane
10:15-11:10am Low Impact Karen	10:15-11:10am Bikini Blitz Kim	10:15-11:10am Danceaerobics Barb	10:15-11:10am Low Impact & Step Carol	10:15-11:10am Pilates - Advanced Karen	10:15-11:10am Yogaflow Terri	10:15-11:10am Core Conditioning & Pilates Urs/Jane
11:15-12:10pm Yoga Jen		11:15-12:10pm Core Conditioning & Pilates Terri	11:15-12:10pm Mom & Baby Yoga Mary			
12:15-1:10pm Spin & Ball Moe	12:15-1:10pm Low Impact Karen		12:15-1:10pm Yoga Jen	12:15-1:10pm Spin & Ball Moe		
			1:15-2:10pm Line Dance 2:15-2:45pm Beginner Line Dance	1:15-2:10pm Low Impact Karen		
4:30-5:25pm Belly Dance Zabree	4:30-5:25pm Pilates Karen	4:30-5:25pm Bootcamp Jen	4:30-5:25pm Yogaflow Mary			
5:30-6:25pm Interval Training Kathy	5:30-6:25pm Spinning Dale	5:30-6:25pm Interval Training Joyce	5:30-6:25pm Spinning Gerald	6:30-7:25pm Sports Minded Yoga Gerald		*6:00-7:30pm Working with Weights Lisa
6:30-7:25pm Funky Step Kathy	6:30-7:25pm Funky Step Peter	6:30-7:25pm Fusion Dance Fitness Zabree	6:30-7:25pm Funky Step Peter			
7:30-8:25pm Spinning Kristina	7:30-8:25pm Boxercise & Sculpt Jennifer	7:30-8:25pm Spinning Kristina/Sheila	7:30-8:25pm Boxercise & Sculpt Mary			Offsite: Monday: Strollerfitness Strollercircuit Tuesday: Yoga for Stress Relief
8:30-9:25pm Core Conditioning & Pilates Urs/Jen H	8:30-10:25pm Spin & Ball	8:30-9:15 / 9:15-10:00pm Abs/Butt/Thighs Carol	8:30-9:25pm Yoga for Stress Relief & Relaxation Terri			Nutrition Courses and Yoga & a Story in Rec Room and Viewing Area

Fitness Schedule continued - Aquafit is held at the Whitby Civic Recreation Complex and Anne Ottenbrite Pools

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-5:15pm Aquafit CRC Pool		10:30-11:15am Aquafit CRC Pool		10:30-11:15am Aquafit CRC Pool	12:15-1:00pm Aquafit CRC Pool	
9:00-9:55pm **Triathlon Specific Swimming Paul CRC Pool	8:00-8:45pm Aquafit CRC Pool	8:00-8:45pm Aquafit CRC Pool	8:00-8:45pm **Triathlon Specific Swimming Paul CRC Pool			

... *Programs not included with Fit Pass/Fit Plus

... **Programs included with Fit Pass/Fit Plus but participants must register (some programs have additional fees)

Childcare Hours: Monday to Friday 9am to 12:15pm
Saturday 7:45-9:45am

Health Club Hours: Monday to Friday 5:30am to 10pm
Saturday & Sunday 7am to 6pm

Facility Closures: July 1, 2010
August 2, 2010
September 6, 2010



**Whitby Civic Recreation Complex
555 Rossland Road East
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