

Schedule Fitness-CRCE

stay active WHITBY

Whitby Civic Recreation Complex, 555 Rossland Rd E March 28 to June 26

905.666.1991

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abs/Butt/Thighs			8:30-9:15pm		8:15-9:10am		
Abs/Butt/Thighs			9:15-10:00pm				
AquaFit	9:45-10:30am	8:00-8:45pm	8:00-8:45pm	9:45-10:30am	8:45-9:30am	12:15-1:00pm	
Bellydance	4:30-5:25pm						
Bikini Blitz		10:15-11:10am					
Bootcamp	8:15-9:10am	6:15-7:15am	9:15-10:10am				
Bootcamp			4:30-5:25pm				
Bootcamp - Boxing							11:30-12:30pm
Bootcamp – Lunchtime Express			12:15-12:45pm				
Bootcamp – Mom and Baby		9:30-10:25am					
Boxercise and Sculpt		7:30-8:25pm		7:30-8:25pm			
Cardio & Core							9:15-10:10am
Cardio & Core Lunchtime Express		12:15-12:45pm					
Core Conditioning and Pilates	8:30-9:25pm		11:15-12:10pm				
Danceaerobics			10:15-11:10am				
Funky Step	9:15-10:10am						
Funky Step	6:30-7:25pm	6:30-7:25pm		6:30-7:25pm			
Fusion Dance Fitness			6:30-7:25pm				
Interval Training	5:30-6:25pm		5:30-6:25pm		9:15-10:10am	9:15-10:10am	
Line Dance				1:15-2:10pm			
Low Impact	10:15-11:10am	1:15-2:10pm			1:15-2:10pm		
Low Impact and Step				10:15-11:10am			
Meditation for Beginners							1:30-2:25pm
Pilates		4:30-5:25pm					
Pilates – Advanced					10:15-11:10am		
Spin and Ball	12:15-1:10pm				12:15-1:10pm		
Spin and Sculpt						8:00-9:10am	8:00-9:10am
Spinning				6:15-7:00am		7:00-7:55am	7:00-7:55am
Spinning		8:15-9:10am	8:15-9:10am	8:15-9:10am			
Spinning		9:15-10:10am		9:15-10:10am			
Spinning	7:30-8:25pm	5:30-6:25pm	7:30-8:25pm	5:30-6:25pm	5:30-6:25pm		
Sporty Mom's and Babes					11:15-12:10pm		
Taekwondo						12:30-1:25pm	
Taekwondo						1:30-2:30pm	
Triathlon Specific Swimming	9:00-9:55pm			8:00-8:45pm	9:00-9:55pm		
Triathlon Training		8:30-9:25pm					
Working With Weights							6:00-7:30pm
Yoga	11:15-12:10pm			12:15-1:10pm		10:15-11:10am	
Yoga				4:30-5:25pm			
Yoga – Mom and Baby				11:15-12:10pm			
Yoga – Sports Minded					6:30-7:25pm		
Yoga – Stress and Relaxation (off site)		8:00-9:00pm					
Yoga – Stress and Relaxation				8:30-9:25pm			
Yoga/Pilates/Core Conditioning							10:15-11:10am

Program Information

Detailed program descriptions are in the Activity Guide. Program availability is subject to registration levels. Programs that do not meet minimum registration standards may be cancelled and alternative programs may be substituted. Schedules are subject to change without notice.

Additional Information

Childcare hours at the CRC are Monday to Friday from 8:00 a.m. to 12:15 p.m. and Saturday from 7:45 a.m. to 10:15 a.m. Health Club hours are Monday to Friday from 5:30 a.m. to 10:00 p.m. and Saturday and Sunday from 7:00 a.m. to 6:00 p.m.

Participants must register for these programs.