

Spring | In effect from April 8, 2024 to June 23, 2024

# YOUTH FITNESS PROGRAMS

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## Whitby Civic Recreation Complex

555 Rossland Road East, Whitby, ON L1B 1M4 | 905.666.1991

### Teen Weight Training - Ages 11-14

This course offers youth the opportunity to workout supervised by a personal trainer in the Health Club. Participants will learn proper exercise and breathing techniques, how to design an exercise program as well as gym etiquette. Teens will also participate in cross training activities such as spinning, interval and dryland training.

Saturdays April 13 to June 22, 2024

4:15 p.m. – 5:30 p.m.

Cost- \$108.51

Registration Code- 53836

Registration is required, program is not included in Fit Pass.

### Youth Spin & Stretch - Ages 11-16

Improve your flexibility, strength and endurance with this 45-minute indoor stationary cycling and stretching program. We will take you through a series of cycling intervals of flats, hills and drills to get to challenge your cardiovascular system finishing with a well deserved cool down and stretch. Bring a small towel, water bottle and indoor running shoes. This class is suitable for all fitness levels.

Fridays April 12 to June 21, 2024

4:30 p.m. – 5:15 p.m.

Cost- \$86.81

Registration Code- 53892

Registration is required, program is not included in Fit Pass.

### Youth Strength & Conditioning - Ages 11-16

This high energy strength and conditioning class is designed for the athlete in everyone. Improve your athleticism by building strength, power and endurance. Each week you will be motivated and guided through a variety of functional exercises and intervals that include variations suitable for all fitness levels.

Saturdays April 13 to June 22, 2024

1:00 p.m. – 1:55 p.m.

Cost- \$86.81

Registration Code- 53831

Registration is required, program is not included in Fit Pass.

### Recreational Taekwondo – Ages 12+

Taekwondo is a popular and global Martial art and Olympic sport for all ages and abilities. Our program is delivered in a fun and safe learning environment with Provincial & National Team Coach, Master Rommel Cabanatan, ChPC. Introduction to the sport, fundamental skills and structure are covered in the curriculum.

Sundays April 14 to June 23, 2024 (No Class May 19)

12:00 p.m. – 12:55 p.m.

Cost- \$78.92

Registration Code- 52581

Registration is required, program is not included in Fit Pass.

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## Brooklin Community Centre and Library

8 Vipond Road, Brooklin, ON L1M 1B3 | 905.655.2010

### Youth Sculpt & Stretch - Ages 11-16

This class will take you through a series of Yoga and Pilates inspired exercises with a strong focus on proper form, alignment, overall body strength and flexibility. Equipment will vary and will include dumbbells, bender balls, resistance bands, gliders and stability balls. Open to all fitness levels.

Tuesdays April 9 to June 18, 2024

4:30 p.m. – 5:25 p.m.

Cost- \$86.81

Registration Code- 53829

Registration is required, program is not included in Fit Pass.

### Youth Dance Fit - Ages 11-16

Sweat and groove to the Latin rhythms of Salsa, Reggae, Samba and more! This fun high energy workout will strengthen and energize your mind and body. Suitable for all fitness levels.

Wednesdays April 10 to June 19, 2024

4:30 p.m. – 5:25 p.m.

Cost- \$86.81

Registration Code- 53830

Registration is required, program is not included in Fit Pass.

## Know Before You Go

- Participants must wear clean indoor running shoes and bring a bottle of water. Refill water stations are available throughout the facility.
- Lockers are available in public changing rooms for personal belongings. Please bring a lock to ensure your items are secure. The Town of Whitby is not responsible for lost or stolen belongings.
- All registered participants will check-in with reception to obtain a wristband to verify registration and complete the attendance record prior to entering the class.

For more information or to connect with us

[whitby.ca/GetActive](https://whitby.ca/GetActive)

905.666.1991

