

# MARCH 2020 MEMBERSHIP VALUE CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Jungle Gym</b> 9:30-12:00 AM	2 <b>Kids Bootcamp</b> 5:30-6:25 PM	3 <b>DanceFit Jr.</b> 5:30-6:25 PM <b>Dodgeball</b> 5:00-5:55 PM	4 <b>Mini Movement</b> 10:00-11:00 AM <b>FunFit</b> 5:30-6:25 PM <b>Tween Cycle</b> 6:30-7:25PM	5 <b>Fun Fit</b> 5:30-6:25 PM <b>Dodgeball</b> 5:30-6:30 PM	6 <b>Shabbat at the J</b> 9:30 AM – 12:00PM <b>Coffee &amp; Conversation with Shinshinim-ENGLISH</b> 10:30-11:30	7 <b>Jungle Gym</b> 9:30-11:30 AM <b>Adult Pickleball</b> 12:00-2:30 PM
8 <b>Jungle Gym</b> 9:30-12:00 AM <b>Nutrition Info Booth: Healthy Snacks -Atrium</b> 10:00-11:00 AM	9 <b>Kids Bootcamp</b> 5:30-6:25 PM	10 <b>DanceFit Jr.</b> 5:30-6:25 PM <b>Dodgeball</b> 5:00-5:55 PM <b>Trainer Tip</b> 6:30 – 7:30 PM <b>Purim Costume Cycle</b> 7:00 – 7:45 PM	11 <b>Mini Movement</b> 10:00-11:00 AM <b>FunFit</b> 5:30-6:25 PM <b>Boot Camp</b> 6:30-7:25PM	12 <b>Fun Fit</b> 5:30-6:25 PM <b>Dodgeball</b> 5:30-6:30 PM	13 <b>Shabbat at the J 13</b> 9:30 AM-12:00PM <b>Nutrition Info Booth</b> 10:00-11:00 AM <b>Coffee &amp; Conversation Shinshinim-HEBREW</b> 10:30-11:30AM	14 <b>Jungle Gym</b> 9:30-11:30 AM <b>Adult Pickleball</b> 12:00 -2:30 PM
15 <b>Jungle Gym</b> 9:30-12:00 AM <b>Free Stretches With Yaniv</b> 11:00 AM – 12:00 PM	16 <b>Kids Bootcamp</b> 5:30-6:25 PM <b>Swim Pop Up: Team Skills</b> 5:30-7:30 PM	17 <b>DanceFit Jr.</b> 5:30-6:25 PM <b>Dodgeball</b> 5:00-5:55 PM <b>Swim Pop Up: Water Polo Fun</b> 5:30-7:30 PM <b>Nutrition Info Booth</b> 6:30-7:30 PM	18 <b>Mini Movement</b> 10:00-11:00 AM <b>FunFit</b> 5:30-6:25 PM <b>Swim Pop Up: Underwater Hockey</b> 5:30-7:30 PM <b>Tween Cycle</b> 6:30-7:25PM	19 <b>Fun Fit</b> 5:30-6:25 PM <b>Dodgeball</b> 5:30-6:30 PM	20 <b>Shabbat at the J</b> 9:30 AM – 12:00PM	21 <b>Jungle Gym</b> 9:30-11:30 AM <b>Adult Pickleball</b> 12:00-2:30 PM
22 <b>Jungle Gym</b> 9:30-12:00 AM <b>Nutrition Info Booth: Healthy Snacks-Atrium</b> 10:00-11:00 AM	23 <b>Kids Bootcamp</b> 5:30-6:25 PM <b>Nutrition Workshop: Spring clean your diet</b> Community Volunteer Boardroom 7:00-8:00 PM	24 <b>DanceFit Jr.</b> 5:30-6:25 PM <b>Dodgeball</b> 5:00-5:55 PM <b>Trainer Tip</b> 6:30 – 7:30 PM	25 <b>Mini Movement</b> 10:00-11:00 AM <b>FunFit</b> 5:30-6:25 PM <b>Tween Cycle</b> 6:30-7:25PM	26 <b>Fun Fit</b> 5:30-6:25 PM <b>Dodgeball</b> 5:30-6:30 PM	27 <b>Shabbat at the J</b> 9:30 AM-12:00PM	28 <b>Jungle Gym</b> 9:30-11:30 AM <b>Adult Pickleball</b> 12:00-2:30 PM
29 <b>Jungle Gym</b> 9:30-12:00 AM <b>Free Stretches With Yaniv</b> 11:00 AM – 12:00 PM	30 <b>Kids Bootcamp</b> 5:30-6:25 PM	31 <b>DanceFit Jr.</b> 5:30-6:25 PM <b>Dodgeball</b> 5:00-5:55 PM				

For all program registration, please sign up by calling the Fitness desk at 905 303-1821 x 3001



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## Activity Descriptions

AGES  
0-6

**Mini-Movement** - Parents and caregivers are invited to drop in with their little one(s) to this fun and interactive music, movement, and gym circuit. From babies to toddlers, it's a fun mix of free play and your favourite music/movement. (Gym D)

**Shabbat at the J** - Bring the little ones for a program full of Shabbat spirit. Hebrew songs, candle lighting, Kiddush, simple crafts and challah snack between 10:30-11am. The experience is both fun and educational and designed for children 0-5 with a parent or caregiver 18 years or older. (Family Resource Centre)

AGES  
5-9

**Kids Bootcamp** - this will make your kids sweat with age appropriate fitness related games & activities that will improve your child's confidence and physical literacy. (Studio B)

**FunFit** - We combine exercise with fun in this fast paced class. Playing various games, moving, laughing & getting your daily dose of physical activity. (Studio A/B)

**Dance Fit Jr.** - a fun fitness program uniquely designed to introduce kids to music and dance. It incorporates dance related games and simple choreography. (Studio B)

AGES  
8-13

**Dodgeball** - Agility, strategy, speed, and accuracy are needed for this action-packed hour of dodgeball! Supervised by a referee, many variations of the game are played to keep players stimulated.

**Pool Pop ups- March Break (7+)**  
Monday 5:30 to 7:30pm -Team skills (learn to dive off the blocks and do flip turns)  
Tuesday 5:30 to 7:30 pm - Water Polo FUN for all ages  
Wednesday 5:30 to 7:30pm - Underwater hockey in the Kid's Pool

AGES  
10-13

**Tween Cycle** - a great choice for getting kids excited about Fitness. It's easy to learn, suitable for all body types and is great for all fitness levels. (Cycle Studio)

ADULT  
AND  
SENIOR

**Discussion with our Shinshinim** - Join us for an interactive discussion about the latest issues surrounding Israel led by our Shinshinim Yael and Ravid. A chance to hear different opinions and points of view from the community and from 2 young Israelis. (Cafe) Check schedule for English or Hebrew conversation.

**Fitness Floor activities** - Various fitness activities and information sessions on the Fitness Floor

**Nutrition Workshop** - Join Joy, our holistic nutritionist as she presents on "how to spring clean your eating habits". On March 23 in the Community Volunteer Boardroom, Joy will be discussing the topics of macronutrients, glucose index, pre + post nutrition workout meals. She wants to help individuals improve their overall health. (Community Volunteer Boardroom)

**Nutrition Booth** - Our holistic nutritionist will be sampling healthy snacks and smoothies while educating the importance of mindful eating. (Fitness Centre)

