

# WINTER 2019 SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>						
	7:00-7:55AM <b>Stretch &amp; Strength</b> Karla (114)			7:00-7:55AM <b>Stretch &amp; Strength</b> Karla (114)		
9:30-10:25AM <b>Cycle</b> Michelle	9:30-10:25AM <b>Cycle</b> Fern		9:20-10:15AM <b>Cycle</b> Gayle			
	9:30-10:25AM  Pat (211)	9:30-10:25AM <b>Total Body Sculpt</b> Carmen (211)	 Marda (114)	9:30-10:25AM <b>Fundamental</b> Bonnie (114)	9:30-10:25AM <b>Cardio Kick</b> Gayle (114)	
10:00-11:00AM <b>Iyengar Yoga</b> Ethel (211)				10:00-11:00AM <b>Pilates Barre</b> Val (112)		
10:30-11:25AM  Martine (114)	10:30-11:25AM <b>Muscle Mix</b> Cathy (211)	10:30-11:25AM <b>Vinyasa Yoga</b> Ya'ara (211)	10:30-11:00AM <b>Upper Body/Core</b> Gayle (104)	10:30-11:25AM <b>Total Body Sculpt</b> Bonnie (114)	10:30-11:25AM <b>B.L.T. Butt, Legs, Thighs</b> Lisa (112)	10:30-11:25AM  Elaine (211)
		10:30-11:25AM <b>Fundamental</b> Silvia (114)	10:30-11:25AM <b>Flex &amp; Stretch</b> Cathy (114)		10:30-11:25AM <b>Fundamental</b> Gayle (114)	
<b>MID-DAY CLASSES</b>						
11:30-12:25PM <b>Cardio Salsa</b> Karmiel (114)	12:00-12:55PM <b>Pilates</b> Val (211)	12:00-12:55PM <b>Athletic Interval</b> Silvia (211)	12:00-12:55PM  Tony (211)	12:15-1:00PM <b>Interval Step</b> Gayle (114)	12:00-12:55PM <b>Iyengar Yoga</b> Michele (211)	
	1:00-2:15PM <b>Iyengar Yoga</b> Michele (211)	1:00-1:50PM  Carmen (114)	1:00-1:55PM  Gayle (114)	1:00-1:45PM <b>Total Body Sculpt</b> Gayle (114)	1:00-1:55PM <b>Pilates</b> Andrea (211)	1:30-2:25PM  Gayle/Paola (114)
						2:30-3:25PM <b>Vinyasa Yoga</b> Ya'ara (211)
<b>EVENING CLASSES</b>						
	5:30-6:15PM <b>Total Body Sculpt</b> Lisa (114)	5:30-6:25PM <b>Pilates</b> Andrea (114)	5:30-6:15PM <b>Total Body Sculpt</b> Joseph (114)			
	6:15-7:00PM <b>Vinyasa Yoga</b> Lisa (114)	 Elaine (114)	6:30-7:25PM <b>Cycle</b> Joseph	6:00-7:00PM  Paola(114)		
	7:15-8:00PM  Elaine (114)	7:30-8:15PM <b>Muscle Mix</b> Elaine (114)	7:30-8:40PM <b>Iyengar Yoga</b> Michele (114)	7:00-7:45PM  Martine (114)		

## CLASS DESCRIPTIONS

**Cycle** - A cardio workout on the bike! The class will take you through different intensities while listening to various types of music.

**Zumba** - Zumba is a class that adds Latin rhythm and easy to follow moves to help you burn calories while having fun.

**Yoga** - Synchronize your mind, body and breathing by moving through a series of standing and seated postures.

**Vinyasa Yoga** - There are four basic definitions of Vinyasa: 1) The linking of body movement with breath; 2) A specific sequence of breath-synchronized movements used to transition between sustained postures; 3) Setting an intention for one's personal yoga practice and taking the necessary steps toward reaching that goal; and 4) A type of yoga class

**Iyengar Yoga** - A form of Hatha **Yoga** that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asana B.K.S.

**Pilates** - It's a fun, low impact, full body workout designed for anyone wanting a new spin on core training.

**Pilates Barre** - The Pilates Barre workout class combines ballet, weights, and Pilates for a low-impact, fat-burning workout

**Muscle Mix** - Whole body conditioning using Barbells, Dumbbells and body weight.

**Zumba Gold** - This class fuses Latin rhythm and easy to follow moves that will leave you feeling energized. Zumba Gold is a low impact class designed for seniors.

**Total Body Sculpt** - This is a full body strength class utilizing various types of resistance to create overall functional strength.

**Fundamental** - This class consists of 1/3 low impact, easy to follow cardio, 1/3 muscle conditioning and 1/3 stretch. This class is great for seniors and members new to fitness.

**Stretch & Strength - Yoga, Pilates & toning** - this class has it all. A gentle, flowing, well balanced class for all fitness levels. Strengthen and tone your core and body while increasing your flexibility.

**Functional Training** - This class will give you an understanding of muscles & joints that are not working as they should, and helps to reduce the risk of injury whether it is for sport or every day activities.

**Cardio Kick** - Is a combination of aerobics, boxing, and martial arts. Punch, kick, twist, duck and get an intense and fun workout.

**Get On The Ball** - This class utilizes a stability ball in various ways to help you achieve an optimal workout. Use your body weight and a ball for cardio, core conditioning and balance.

**Flex and Stretch Fund** - focuses on improving balance and flexibility using equipment. This class also includes mat work for the core and legs with and extended stretch to release.

### **J STRONG**

Bring the weight room to the studio! A strength training class specifically choreographed to the rhythm of heart pounding music. Barbells with adjustable plates are used to maximize your strength and define the muscles of your body. Each part of your body will get worked separately. Be prepared to leave the class feeling truly strong. Bring the Power!

### **J STRIKE**

This 45 minutes boxing-kickboxing class incinerates calories while building full body strength, speed and coordination. The class is made of weighted striking drills, fight combos and conditioning work. You're cardiovascular and central nervous systems will reach new performance highs. Time to train like a champ.

### **J cycle**

Sometimes you just have to let the music speak! Enjoy this indoor cycling ride by pushing your limits through the energetic, inspirational, results oriented music. Challenge yourself with intervals and intense drills that are choreographed specifically to work with the highs and lows in the music. This will be the ride of your life!

### **J 25**

Drop down and give me 25. This High Intensity Interval Training workout will shred your body fat and leave nothing but a lean physique. This high intensity strength workout taxes all 3 energy systems and acts like a fat-incinerator in under 30 minutes.

## GROUP EXERCISE POLICIES

A token is required for each class. It's available 30 min prior to the class at the Fitness Desk

All equipment must be wiped down after use with the wipes provided in the Group Exercise and Spin Studios. This includes but not limited to Exercise and Yoga Mats, Stability Balls and Spin Bikes

Cell phones are not permitted in Group Fitness classes

Appropriate athletic attire: clean athletic-type shoes, T-shirt, track pants, shorts or yoga pants

Classes with less than 5 participants over 3 consecutive weeks are subject to cancellation

\*Volunteer run classes. May be subject to cancellation.



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