

FALL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
	7:00-7:55AM Stretch & Strength Jane (114)			7:00-7:55AM Stretch & Strength Jane (114)		
9:30-10:25AM Cycle Michelle	9:30-10:25AM Cycle Fern		9:20-10:15AM Cycle Gayle			
	9:30-10:25AM  Pat (211)	9:30-10:25AM Total Body Sculpt Carmen (211)	9:30-10:25AM  Marda (114)	9:30-10:25AM Fundamental Jane (114)	9:30-10:25AM Cardio Kick Gayle (114)	
10:00-11:00AM Iyengar Yoga Ethel (211)				10:00-11:00AM Pilates Barre Val (112)		
10:30-11:25AM  Matthew (114)	10:30-11:25AM Muscle Mix Cathy (211)	10:30-11:25AM Vinyasa Yoga Ya'ara (211)	10:30-11:00AM Upper Body/Core Gayle (104)	10:30-11:25AM Total Body Sculpt Jane (114)	10:30-11:25AM Get On The Ball Martine (112)	10:30-11:25AM  Elaine (211)
		10:30-11:25AM Fundamental Silvia (114)	10:30-11:25AM Flex & Stretch Cathy (114)		10:30-11:25AM Fundamental Gayle (114)	
MID-DAY CLASSES						
11:30-12:25PM Cardio Salsa Karmiel (114)	12:00-12:55PM Pilates Val (211)	12:00-12:55PM Athletic Interval Silvia (211)	12:00-12:55PM Vinyasa Yoga Sarah (211)		12:00-12:55PM Iyengar Yoga Michele (211)	
	1:00-2:15PM Iyengar Yoga Michele (211)	1:00-1:50PM  Carmen (114)	1:00-1:55PM  Gayle (114)	12:15-1:00PM Interval Step Gayle (114)	1:00-1:55PM Pilates Andrea (211)	1:30-2:25PM  Gayle/Paola (114)
				1:00-1:45PM Total Body Sculpt Gayle (114)		2:30-3:25PM Vinyasa Yoga Ya'ara (211)
EVENING CLASSES						
	5:30-6:15PM Total Body Sculpt Lisa (114)	5:15-6:15PM Pilates Andrea (114)	5:30-6:15PM Total Body Sculpt Joseph (114)			
	6:15-7:00PM Vinyasa Yoga Lisa (114)	6:15-7:15PM  Elaine (114)	6:30-7:25PM Cycle Joseph	6:00-7:00PM  Paola(114)		
	7:15-8:00PM  Elaine (114)	7:15-8:00PM Muscle Mix Elaine (114)	7:30-8:40PM Iyengar Yoga Michele (114)	7:00-7:45PM  Matthew (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 is it 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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