

# SRC J-Kids Schedule



Weekly drop-in children's programming, included in Full Family Membership

Monday	Tuesday	Thursday
<b>Tween Cycle</b> 5:15-6:15 PM Cycle Studio 8-13 years	<b>Fun Fit</b> 5:30-6:30 PM Studio A 6-9 years	<b>Tween Cycle</b> 5:15-6:15 PM Cycle Studio 8-13 years
		

## Tween Cycle

Cardio, strength and speed will be elements of this Cycle class in a fast, but self paced, ride in our Cycle Studio. Our instructor will engage kids in cycle drills riding along to catchy songs. This program is recommended for kids ages 10-13.

## Fun Fit

We combine exercise with fun in this fast-paced class! Playing various games, children will be moving, laughing, making friends, and getting their daily dose of physical activity.

Register on the JCC App through your child's profile

January - June: School-year schedule  
Classes do not run on statutory holidays

905-303-5425  
info@srcentre.ca

For more information, please visit [srcentre.ca](http://srcentre.ca)