

J-Kids Schedule



Prosserman JCC

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

Monday	Thursday
Fun Fit 4:30-5:30 PM Gymnasium 6-9 years	Dodgeball 5:00-6:00 PM Gymnasium 10-13 years
CycleFit 5:30-6:20 PM Cycle Studio 10-13 years	CycleFit 5:30-6:20PM Cycle Studio 10-13 years

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.

Cycle Fit

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.

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 engaged. This is recommended for those ages 10-13.

Register on the JCC App through your child's profile

January - June: Schedule - year schedule

Classes do not run on statutory holiday

416-638-1881 ext. 2210

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For more information, please visit prossermanjcc.com