

Fit Kids Schedule



Prosserman JCC

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

Monday	Wednesday	Thursday
FitTots with Coach Ash 10:15 AM - 11:45 AM TBD 0-2.5 years	FitTots with Coach Ash 1:30 - 3:00 PM TBD 0 - 2.5 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

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 variation of the game are played to keep players engaged. This is recommended for those ages 10-13.

Fit Tots

Give your little ones a fun and active start with Fit Totz! This high-energy class is designed for ages 3-5, focusing on movement, balance, and coordination through playful games and activities. Coach Ash brings tons of enthusiasm, patience, and creativity to keep kids engaged while helping them build a love for fitness early on.

Register on the JCC App through your child's profile

January - June: Schedule - year schedule

Classes do not run on statutory holiday

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For more information, please visit prossermanjcc.com