



PROSSERMAN
JCC

Fall Group Exercise Schedule

(September-October)

Registration opens at 8:00 AM (3 days prior / 4 days prior on Tuesdays)

MORNING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
6:15		Bootcamp Antonio		Bootcamp Antonio				6:15
7:15	J-Shred Felicia	Cycle Mahshid	Athletic Circuit Felicia		HIIT Cycle Felicia			7:15
	Sunrise Yoga David		Gentle Yoga Mary		Sunrise Yoga Hali			
7:30		Therapeutic Yoga David						
8:05							Aquafit Lora	8:05
8:30	Muscle Fusion Ivanna	Body Weight Blast Alin	Muscle Fusion Ivanna	Strength & Balance Paloma	Muscle Mix Audrey	Pilates Gillian	Bootcamp Antonio	8:30
	Therapeutic Yoga David	Core & Balance Julia	Therapeutic Yoga David		Pilates Hali	Performance Cycle Fern		
9:05	Aquafit Hali	Aquafit Fariba	Aquafit Simin	Aquafit Marina	Aquafit Lora			9:05
9:15	Toning & Conditioning Melissa							9:15
9:30	Muscle Sculpt Ashley	Strength & Balance Paloma	Muscle Mix Lisa	Pilates Debra	Bootcamp Gayle	Pilates Gail	Barre Dani	9:30
	Body Weight Sculpt Ivanna	Flow Yoga Mabel						
		Body Weight Sculpt Alin						
	Therapeutic Yoga David	Pilates Foam Roll Nadine	Therapeutic Yoga David	Nia Dance Natalie	Gentle Iyengar Yoga Sam	Iyengar Yoga Joanne	Flow Yoga Mabel	
	Cycle Fern	Cycle Audrey	Cycle Melissa	Performance Cycle Gayle	Cycle Michelle B.	Beat-based Cycle Fern	Cycle Michelle B.	
10:05	Aquafit Hali	Aquafit Fariba	Aquafit Simin	Aquafit Marina	Aquafit Lora			10:05
	Chair Fitness Melissa							
10:30	Step & Sculpt Audrey	Barre Sculpt Dani	Pilates Nadine	Muscle Sculpt Gayle	Muscle Mix Lisa	Bootcamp Lana	Barre Sculpt Dani	10:30
	Flow Yoga Fern	Pilates Sandi	Therapeutic Yoga David	Iyengar Yoga Sam	Iyengar Yoga Sam	Flow Yoga Fern	Flow Yoga Lisa	
	Beat-based Cycle Ashley	Chair Yoga Orli	Beat-based Cycle Gillian		Chair Zumba Sid	Cycle Leslie	Performance Cycle Gayle	
	Nia Dance Natalie	Stretching Mabel						

ROOM LOCATION
COLOUR CODE:

GYMNASIUM

MAIN STUDIO

MIND & BODY STUDIO

COMMUNITY ROOM

CYCLE STUDIO

SWIMMING POOL
(INDOOR)

Room 211
* bring your own mat format

Goldie Fitness Center
(Gales)

indicates low-intensity class

Baby-Steps classes

visit: www.prossermanjcc.com
or the JCC Toronto app to register!



Fall Group Exercise Schedule

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LATE MORNING/AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
11:30	Zumba Dina	Barre Dani	Zumba Karmiel	Zumba Alla	Zumba Gail	Zumba Gail	Zumba Gayle	11:30
	Gentle Yoga Natalie 	Gentle Yoga Mabel 		Iyengar Yoga Sam	Gentle Yoga Lisa 	Iyengar Yoga (75min) Sam	Yogalates Lisa 	
		Chair Yoga Orli 	Chair Pilates Angela 		Toning & Conditioning Mahshid 			
11:40			Pee Wee Pilates Nadine 					11:40
12:00	Aquafit Simin 	30min Lunch Break Spin Mahshid	Aquafit Ashley 					12:00
			Gentle Iyengar Yoga Niren 					
12:30	Pilates Debra	Therapeutic Yoga David 	Pilates Sandi	30-min Tone Cathy	Therapeutic Yoga David 	Barre Dani 	Muscle Fusion Guest Instructor	12:30
	Restorative Yoga Natalie	30-min Tone & Stretch Cathy		Gentle Yoga Orli 	Pilates Andrea 			
			Baby & Me Yoga Lisa 		Postnatal Power Pump Alla 			
1:05		Aqua Zumba Fabio 	1:00 - Iyengar Yoga Niren		Aquafit Camila 			1:05
1:30		Therapeutic Yoga David 	Strength & Balance Paloma 		Therapeutic Yoga David 			1:30
		Zumba Gold Bette 		Restorative Yoga Orli 				
4:30				Muscle Mix Alin				4:30
5:30	Muscle Sculpt Beth	Zumba Alla	Muscle Sculpt Beth	Abs & Glutes Alin				5:30
6:30	Barre Dani 	Muscle Sculpt Lesley	Abs & Glutes Beth	Barre Dani 				6:30
	Vinyasa Yoga Mary	Vinyasa Yoga Neeta	Iyengar Yoga Nehal	Vinyasa Yoga Neeta				
	Cycle Sammy	Cycle Alyson	Cycle Neil	Cycle Sammy				
7:30	Zumba Sonya		Zumba Shireen					7:30
	Yogalates Mary 	Power Yoga Jacqueline	Vinyasa Yoga Mary	Yogalates Neeta 				
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