



Fall Group Exercise Schedule

(November - December)

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	Muscle Sculpt Ashley	Bootcamp Antonio		Muscle Sculpt Ivanna	Bootcamp Antonio			6:15
7:15	J-Shred Felicia	Cycle Mahshid	Athletic Circuit Felicia		HIIT Cycle Felicia			7:15
	Gentle Yoga David		Gentle Yoga Mary		Muscle Sculpt 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	Iyengar for Beginners 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)
Gales - Room 211 * bring your own mat format
Gales Room 112

indicates low-intensity class
 Baby-Steps classes

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



Fall Group Exercise Schedule

(November - December)

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

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 Sandi		Toning & Conditioning Mahshid			
		Zumba Fabio						
11:40			Pee Wee Pilates Nadine					11:40
12:00	Aquafit Simin		Aquafit Ashley					12:00
			Hatha Yoga Menucha					
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			Aquafit Camila			1:05
1:30	Iyengar for Beggineers Joanne	Therapeutic Yoga David	Strength & Balance Quinn		Therapeutic Yoga David			1:30
				Restorative Yoga Orli				
2:30	Iyengar Yoga Joanne							
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 Shawn	Iyengar Yoga Martha	Vinyasa Yoga Neeta				
	Cycle Sammy	Cycle Alyson	Cycle Neil	Cycle Sammy				
7:30	Zumba Sonya		Zumba Shireen					
	Yogalates Mary	Power Yoga Shawn	Vinyasa Yoga Mary	Yogalates Neeta				

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- indicates low-intensity class
- FitMom & Baby classes (Former Baby steps)

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Group Exercise

Class Descriptions

Prosserman JCC



Aqua Fit	Barre Sculpt	Chair Pilates
Low-impact water aerobics for mobility, strength, and cardio. A great alternative to weight-bearing exercise.	This class challenges your strength and stamina while maintaining the approach of traditional barre. Low-impact exercises.	Seated Pilates for strength, posture, and stress relief.
Aqua Zumba	Beat-Based Cycle	Chair Yoga
Combines upbeat dance moves with the resistance of water for a fun, low-impact cardio workout for all fitness levels.	This class transforms traditional indoor cycling into a high-energy, full-body experience where every pedal stroke matches the beat.	Gentle yoga using chairs for support, relaxation, and mobility.
Athletic Circuit	Body Weight Blast	Chair Zumba
A full-body circuit with strength and stamina challenges.	This class is a blend of cardio and strength training using your body weight.	This class brings the upbeat energy of dance fitness to a fully seated format
Abs & Glutes	Body Weight Sculpt	Core & Balance
Focus on building a strong core and glutes to support all workouts.	This is a full body weight workout designed to tone and shape every muscle. Look good, feel strong!	Low impact class where the focus is on improving overall Core strength and Balance exercises.
Baby & Me Yoga	Bootcamp	Cycle
Nurturing class designed for parents and their little ones to bond through movement, breath, and play.	A mix of strength and aerobic training for a powerful, full-body challenge.	Ride through challenging endurance and strength intervals timed to the music. Push your limits and build stamina.
Barre	Chair Fitness	Flow Yoga
Ballet-inspired workout combining Pilates, strength, and mobility.	Low-impact class that uses a chair for seated and standing exercises to build strength, improve range of motion, and increase muscular endurance	Flow Yoga links breath with movement in a smooth, continuous sequence designed to build strength, flexibility, and focus

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Gentle Yoga	Muscle Fusion	Pilates
Slow-paced yoga for balance, relaxation, and all levels.	This workout combines three key components. Strength, cardio, and functional movement in one .	Strengthen your core and improve posture with controlled movements.
Hatha Yoga	Muscle Mix	Pilates Foam Roll
Improve mobility and strength with posture and breath-focused practice.	A blend of cardio and strength with adjustable intensity.	Pilates with foam rolling for strength, stretching, and recovery.
HIIT Cycle	Muscle Sculpt	Postnatal Power Pump
Power through high-intensity intervals (HIIT) that push your limits and elevate your fitness	Resistance training that tones and strengthens the whole body.	Rebuild strength and energy with postnatal-focused cardio, strength, core, and stretching in a supportive environment for new moms.
Iyengar Yoga	Nia Dance	Power Yoga
This practice focuses on the structural alignment of the body through poses held for longer periods.	A fusion of dance, martial arts, and yoga that energizes body and mind.	This dynamic class blends the vigor of Ashtanga with the seamless flow of Vinyasa, creating a powerful and energizing practice
Iyengar Yoga for Beginners	Pee Wee Pilates	Restorative Yoga
Slower pace practice that focuses on the structural alignment through poses held for longer periods.	A low-impact class for new moms to regain strength, improve posture, and bond with their babies through gentle movement.	Relax deeply with supportive poses and mindful breathing.
J-shred	Performance Cycle	Step & Sculpt
This class combines four intense blocks — High-Intensity Interval Training (HIIT), strength, core, and finishers	Ride through a challenging mix of both strength and endurance intervals with the goal of ultimate performance.	Dynamic class that will get your heart rate up with fun step choreography.

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Strength & Balance	Vinyasa Yoga	30 min Stretch & Tone
This class focus is improving overall strength by working large and small muscle groups, on stability and balance	Flow through postures using breath to build strength, flexibility, and focus.	A 30 minute Tone and stretch combined workout designed to strengthen your Full body.
Stretching	Yogalates	30- min Tone
Gentle movements and static holds will be used to open up and stretch out the whole body.	A mix of yoga and Pilates for flexibility, strength, and balance.	A 30 minute full body resistance workout designed to tone and shape every muscle.
Therapeutic Yoga	Zumba	
Learn the importance of proper movement and how it supports strength, longevity, and overall health at any fitness level.	Dance to fun music with easy-to-follow moves. A workout that feels like a party!	
Toning & Conditioning	30 min- Lunch break spin	
This class is designed for new moms and their little ones, combining postnatal toning exercises with playful baby interaction to support physical recovery and emotional connection	This class is your midday energy boost—a compact, high-impact cycling class designed to power you through the second half of your day	