



Schwartz/Reisman Centre Specialty Fitness Programs Winter 2025-2026

To register visit www.srcentre.ca

For program information contact:
ssquires@srcentre.ca

Karate

Days & Times: Tues/Wed/Th 6:30PM Sat 10:00AM

Location: Boxing Studio

Learn the art of Karate in a safe, challenging, and engaging environment with world-class instructor Hamideh Abbasali (4th Dan Black Belt, 2020 Tokyo Olympian). Classes combine traditional Karate training with age-appropriate games & exercises to keep kids motivated and having fun.

	Session Fee	Per Class Fee
Members	\$242/session	\$22/class
Non-Members	\$286/session	\$26/class

J-Fit Teen Training

Days & Times: Tues/Wed/Thursday 6:30PM | Sat 10:00 AM

Location: Fitness Centre Turf

Ages 10 - 14

Calling all teens looking for a fun, dynamic, and progressive training experience! J-Fit is a small-group program led by a Certified Personal Trainer, focused on safe, age-appropriate strength and conditioning. Workouts include speed and agility drills, bodyweight training, free weights, erg machines, resistance bands, and sleds. Offered in both co-ed and all-girls formats.

	Session Fee	Per Class Fee
Members	\$264/session	\$24/class
Non-Members	\$308/session	\$28/class

Pickleball Lessons & Clinics

Days & Times: Sunday 10:00AM & 11:00AM + Saturday 2:30pm

Location: Gym C & D

Pickleball is one of the fastest-growing sports in the world - fun, social, and easy to learn! This low-impact racquet sport is perfect for all ages and fitness levels, offering an engaging way to stay active and connect with others.

Our lessons are designed for every stage of play:

- Learn-to-Play: Covers the basics of rules, scoring, and technique in a supportive environment.
- Fundamentals: Builds skills, refines technique, and introduces strategy for players with some experience.
- Kids Fundamentals: A fun & active introduction to pickleball, helping children develop coordination, confidence, and a love for the game.

	Session Fee	Per Class Fee
Members	\$150/session	\$25/class
Non-Members	\$210/session	\$35/class

Clinics continue in 2026 (3 week blocks)

	Clinic Fee
Members	\$30/class = \$90 total
Non-Members	\$40/class = \$120 total

OsteoFit

Days & Times: Wednesday 1:00PM

Location: Boxing Studio

A progressive fitness program designed for women 55+, focused on improving bone health, joint mobility, and muscular endurance. Using evidence-based exercises, OsteoFit helps reduce the risk of osteoporosis and injury while supporting strength, flexibility, and confidence for an active lifestyle at any age.

	Session Fee	Per Class Fee
Members	\$120/session	\$12/class
Non-Members	\$160/session	\$16/class

Mini Movers

Days & Times: Sunday 9:30AM

Location: Studio A

An action-packed program introducing kids to a variety of sports through skill-building, teamwork, and active play. Each week features a different sport—like track & field, soccer, basketball, T-ball, and flag football—while developing coordination, agility, and confidence. With a focus on physical literacy, kids gain the foundational skills to enjoy sports and stay active for life.

	Session Fee	Per Class Fee
Members	\$264/session	\$24/class
Non-Members	\$308/session	\$28/class

Boxing Club

Build strength, confidence, and discipline with our Boxing Club. Led by experienced coaches, participants learn proper stance, footwork, and punch combinations while improving endurance, coordination, and overall fitness. Training includes pad work, bag drills, and conditioning, all in a supportive environment that challenges you to reach your potential.

	Juniors	Teens	Adults
Mondays	5:30PM - 6:30PM	6:30PM - 7:30PM	7:30PM - 9:00PM
Wednesdays	5:30PM - 6:30PM	6:30PM - 7:30PM	7:30PM - 9:00PM
Fridays	6:00PM - 7:00PM	7:00PM - 8:30PM	
Saturdays	11:00AM - 12:00PM	12:00PM - 1:00PM	1:00PM - 2:30PM
Monthly Membership (member)	\$140/month	\$143/month	\$150/month
Monthly Membership (non-member)	\$165/month	\$168/month	\$175/month
10-Class Pass (member)	\$215	\$220	\$225
10-Class Pass (non-member)	\$255	\$260	\$265



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MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>FitKidz Dodgeball</div> <div>Ages: 5-9</div> <div>5:00PM-6:00PM</div> <div>Studio A</div>	<div>Novice Karate</div> <div>Ages: 5-10</div> <div>5:00pm-6:00PM</div> <div>Boxing Studio</div>	<div>FitTotz with Coach Ash</div> <div>Ages: 0.5-2.5</div> <div>11:30AM-12:30PM</div> <div>Family Resource Centre</div>	<div>FitTotz with Coach Ash</div> <div>Ages: 0.5-2.5</div> <div>12:30PM-1:30PM</div> <div>Family Resource Centre</div>	<div>FitKidz Cycle</div> <div>Ages: 8-14</div> <div>5:15PM-6:15PM</div> <div>Cycle Studio</div>	<div>Junior Boxing Club</div> <div>Ages: 7-11</div> <div>6:00PM-7:00PM</div> <div>Boxing Studio</div>	<div>Junior Boxing Club</div> <div>Ages: 7-11</div> <div>11:00AM-12:00PM</div> <div>Boxing Studio</div>	<div>Mini Movers</div> <div>Ages: 2-4</div> <div>9:30AM-10:30AM</div> <div>Studio A</div>
<div>Junior Boxing Club</div> <div>Ages: 7-11</div> <div>5:30PM-6:30PM</div> <div>Boxing Studio</div>	<div>Advance Karate</div> <div>Ages: 6-13</div> <div>6:00pm-7:00PM</div> <div>Boxing Studio</div>	<div>OsteoFit</div> <div>Ages: 55+</div> <div>1:00PM-2:00PM</div> <div>Boxing Studio</div>		<div>J Fit Junior Training: Co-Ed</div> <div>Ages: 7-9</div> <div>5:30PM-6:30PM</div> <div>Boxing Studio</div>	<div>Adult & Teen Boxing Club</div> <div>Ages: 12+</div> <div>7:00PM-8:30PM</div> <div>Boxing Studio</div>	<div>Teen Boxing Club</div> <div>Ages: 12-15</div> <div>12:00PM-1:00PM</div> <div>Boxing Studio</div>	
<div>Teen Boxing Club</div> <div>Ages: 12-15</div> <div>6:30PM-7:30PM</div> <div>Boxing Studio</div>	<div>FitKidz FunFit</div> <div>Ages: 5-9</div> <div>5:30PM-6:30PM</div> <div>Studio A</div>	<div>FitKidz BoxFit</div> <div>Ages: 5-9</div> <div>4:30PM-5:30PM</div> <div>Boxing Studio</div>		<div>J Fit Teen Training: Co-Ed</div> <div>Ages: 10-14</div> <div>6:30PM-7:30PM</div> <div>Fitness Centre Turf</div>		<div>Adult Boxing Club</div> <div>Ages: 16+</div> <div>1:00PM-2:30PM</div> <div>Boxing Studio</div>	<div>Learn to Play PB Lessons</div> <div>Ages: 14+</div> <div>10:00AM-11:00AM</div> <div>Gym D</div>
<div>Adult Boxing Club</div> <div>Ages: 16+</div> <div>7:30PM-9:00PM</div> <div>Boxing Studio</div>	<div>J Fit Teen Training: Co-Ed</div> <div>Ages: 10-14</div> <div>6:30PM-7:30PM</div> <div>Fitness Centre Turf</div>	<div>Junior Boxing Club</div> <div>Ages: 7-11</div> <div>5:30PM-6:30PM</div> <div>Boxing Studio</div>				<div>Pickleball Clinics</div> <div>Ages: 14+</div> <div>2:30PM-3:30PM</div> <div>Gym D</div>	<div>Intermediate PB Lessons</div> <div>Ages: 14+</div> <div>11:00AM-12:00PM</div> <div>Gym D</div>
<div><div></div>Free for Members</div> <div><div></div>Mini Movers</div> <div><div></div>J-Fit</div> <div><div></div>Karate</div> <div><div></div>OsteoFit</div> <div><div></div>Pickleball Lessons</div> <div><div></div>Boxing Club</div>		<div>J Fit Teen Training: Girl Power</div> <div>Ages: 10-14</div> <div>6:30PM-7:30PM</div> <div>Fitness Centre Turf</div>	<div>Teen Boxing Club</div> <div>Ages: 12-15</div> <div>6:30PM-7:30PM</div> <div>Boxing Studio</div>			<div>Fundamentals PB Lessons</div> <div>Ages: 14+</div> <div>10:00AM-11:00AM</div> <div>Gym C</div>	
		<div>Adult Boxing Club</div> <div>Ages: 16+</div> <div>7:30PM-9:00PM</div> <div>Boxing Studio</div>				<div>Kids Fundamentals PB Lessons</div> <div>Ages: 6-13</div> <div>11:00AM-12:00PM</div> <div>Gym C</div>	