



# Group Exercise Schedule

February - March

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

|   |
|---|
| ROOM LOCATION<br>COLOUR CODE:                   |
| GYMNASIUM                                       |
| MAIN STUDIO                                     |
| MIND & BODY STUDIO                              |
| COMMUNITY ROOM                                  |
| CYCLE STUDIO                                    |
| SWIMMING POOL<br>(INDOOR)                       |
| Gales - Room 211<br>* bring your own mat format |
| Gales<br>Room 112                               |

leaf indicates low-intensity class

leaf Baby-Steps classes



# Group Exercise Schedule

February - March

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<br>Dina                   | Barre<br>Dani                  | Zumba<br>Karmiel            | Zumba<br>Alla                | Zumba<br>Gail             | Zumba<br>Gail               | Zumba<br>Gayle                          | 11:30 |
|       | Gentle Yoga<br>Natalie          | Gentle Yoga<br>Mabel           |                             | Iyengar Yoga<br>Sam          | Gentle Yoga<br>Lisa       | Iyengar Yoga (75min)<br>Sam | Yogalates<br>Lisa                       |       |
|       |                                 | Chair Yoga<br>Orli             | Chair Pilates<br>Sandi      |                              |                           |                             |   |       |
|       |                                 | Zumba<br>Fabio                 |                             |                              |                           |                             |   |       |
| 11:40 |                                 |                                | Pee Wee Pilates<br>Nadine   |                              |                           |                             |   | 11:40 |
| 12:00 | Aquafit<br>Simin                |                                | Aquafit<br>Ashley           |                              |                           |                             |   | 12:00 |
|       |                                 |                                | Hatha Yoga<br>Menucha       |                              |                           |                             |   |       |
| 12:30 | Pilates<br>Debra                | Therapeutic Yoga<br>David      | Pilates<br>Sandi            | 30-min Tone<br>Cathy         | Therapeutic Yoga<br>David | Barre<br>Dani               | "Class of the week"<br>Guest Instructor | 12:30 |
|       | Restorative Yoga<br>Natalie     | 30-min Tone & Stretch<br>Cathy |                             | Gentle Yoga<br>Orli          | Pilates<br>Andrea         |                             |   |       |
|       |                                 | Baby & Me Yoga<br>Lisa         |                             | Postnatal Power Pump<br>Alla |                           |                             |   |       |
| 1:05  |                                 | Aqua Zumba<br>Fabio            |                             |                              | Aquafit<br>Elena          |                             |   | 1:05  |
| 1:30  | Iyengar for Begginers<br>Joanne | Therapeutic Yoga<br>David      | Strength & Balance<br>Quinn | Restorative Yoga<br>Orli     | Therapeutic Yoga<br>David |                             |   | 1:30  |
|       | Iyengar Yoga<br>Joanne          |                                |                             |                              |                           |                             |   |       |
| 2:30  |                                 |                                |                             |                              |                           |                             |   | 2:30  |
| 4:30  |                                 |                                |                             | Muscle Mix<br>Alin           |                           |                             |   | 4:30  |
| 5:30  | Muscle Sculpt<br>Beth           | Zumba<br>Alla                  | Muscle Sculpt<br>Beth       | Abs & Glutes<br>Alin         |                           |                             |   | 5:30  |
|       |                                 | Cycle<br>Alyson                |                             |                              |                           |                             |   |       |
| 6:30  | Barre<br>Dani                   | Muscle Sculpt<br>Lesley        | Abs & Glutes<br>Beth        | Barre<br>Dani                |                           |                             |   | 6:30  |
|       | Vinyasa Yoga<br>Mary            | Vinyasa Yoga<br>Shawn          | Iyengar Yoga<br>Martha      | Vinyasa Yoga<br>Neeta        |                           |                             |   |       |
|       | Coach By Color<br>Sammy         |                                | Coach by Color<br>Neil      | Cycle<br>Sammy               |                           |                             |   |       |
| 7:30  | Zumba<br>Sonya                  |                                | Zumba<br>Shireen            |                              |                           |                             |   | 7:30  |
|       | Yogalates<br>Mary               | Power Yoga<br>Shawn            | Vinyasa Yoga<br>Mary        | Yogalates<br>Neeta           |                           |                             |   |       |

|   |
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| GYMNASIUM                                       |
| MAIN STUDIO                                     |
| MIND & BODY STUDIO                              |
| COMMUNITY ROOM                                  |
| CYCLE STUDIO                                    |
| SWIMMING POOL<br>(INDOOR)                       |
| Gales - Room 211<br>* bring your own mat format |
| Gales<br>Room 112                               |

leaf indicates low-intensity class

FitMom & Baby  
classes (Former  
Baby steps)

# 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 |

# Group Exercise

## Class Descriptions



Prosserman JCC

| 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.  |

# Group Exercise

## Class Descriptions



Prosserman JCC

| 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   | Body Weight Strength  |
| 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!  | This class is designed to help you build proper alignment, body weight strength and confidence. |
| 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 |   |