



### 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. We have also added Parkinson's Boxing to our schedule

	Juniors	Teens	Adults
<b>Mondays</b>	5:30PM - 6:30PM	6:30PM - 7:30PM	7:30PM - 9:00PM
<b>Wednesdays</b>	5:30PM - 6:30PM	6:30PM - 7:30PM	7:30PM - 9:00PM
<b>Fridays</b>	6:00PM - 7:00PM	7:00PM - 8:30PM	
<b>Saturdays</b>	11:00AM - 12:00PM	12:00PM - 1:00PM	1:00PM - 2:30PM
<b>Parkinson's Boxing</b>	Thursday 2pm & Saturday 10am		
<b>Monthly Membership (member)</b>	\$140/month	\$143/month	\$150/month
<b>Monthly Membership (non-member)</b>	\$165/month	\$168/month	\$175/month
<b>10-Class Pass (member)</b>	\$215	\$220	\$225
<b>10-Class Pass (non-member)</b>	\$255	\$260	\$265



Schwartz/Reisman Centre  
**Specialty Fitness Programs**  
 Spring 2025-2026

To register visit [www.srcentre.ca](http://www.srcentre.ca)

For program information contact:  
[ssquires@srcentre.ca](mailto:ssquires@srcentre.ca)

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FitKidz Dodgeball</b> Ages: 5-9  5:00PM-6:00PM Studio A	<b>Novice Karate</b> Ages: 5-10  5:00pm-6:00PM Boxing Studio	<b>OsteoFit</b> Ages: 55+  1:00PM-2:00PM Boxing Studio		<b>Parkinson's Boxing Club</b> Ages: 55+ 1:00PM-2:00PM Boxing Studio	<b>Junior Boxing Club</b> Ages: 7-11  6:00PM-7:00PM Boxing Studio	<b>Parkinson's Boxing Club</b> Ages: 55+ 10:00AM-11:00AM Boxing Studio	<b>Mini Movers</b> Ages: 2-4  9:30AM-10:30AM Studio A
<b>Junior Boxing Club</b> Ages: 7-11  5:30PM-6:30PM Boxing Studio	<b>Advance Karate</b> Ages: 6-13  6:00pm-7:00PM Boxing Studio	<b>FitKidz BoxFit</b> Ages: 5-9  4:30PM-5:30PM Boxing Studio		<b>FitKidz Cycle</b> Ages: 8-14  5:15PM-6:15PM Cycle Studio	<b>Adult &amp; Teen Boxing Club</b> Ages: 12+  7:00PM-8:30PM Boxing Studio	<b>Junior Boxing Club</b> Ages: 7-11 11:00AM-12:00PM Boxing Studio	
<b>Teen Boxing Club</b> Ages: 12-15  6:30PM-7:30PM Boxing Studio	<b>FitKidz FunFit</b> Ages: 5-9  5:30PM-6:30PM Studio A	<b>Junior Boxing Club</b> Ages: 7-11  5:30PM-6:30PM Boxing Studio		<b>J Fit Teen Training: Co-Ed</b> Ages: 10-14  6:30PM-7:30PM Fitness Centre Turf		<b>Learn to Play PB Lessons</b> Ages: 14+  10:00AM-11:00AM Gym D	<b>Teen Boxing Club</b> Ages: 12-15  12:00PM-1:00PM Boxing Studio
<b>Adult Boxing Club</b> Ages: 16+  7:30PM-9:00PM Boxing Studio	<b>J Fit Teen Training: Co-Ed</b> Ages: 10-14  6:30PM-7:30PM Fitness Centre Turf	<b>J Fit Teen Training: Girl Power</b> Ages: 10-14  6:30PM-7:30PM Fitness Centre Turf	<b>Teen Boxing Club</b> Ages: 12-15  6:30PM-7:30PM Boxing Studio	<b>Adult Boxing Club</b> Ages: 16+  1:00PM-2:30PM Boxing Studio	<b>Intermediate PB Lessons</b> Ages: 14+  11:00AM-12:00PM Gym D		<b>Adult Boxing Club</b> Ages: 16+  1:00PM-2:30PM Boxing Studio
		<b>Adult Boxing Club</b> Ages: 16+  7:30PM-9:00PM Boxing Studio					
							<b>Fundamentals PB Lessons</b> Ages: 14+  10:00AM-11:00AM Gym C
							<b>Kids Fundamentals PB Lessons</b> Ages: 6-13  11:00AM-12:00PM Gym C

- Free for Members
- Mini Movers
- J-Fit
- Karate
- OsteoFit
- Pickleball Lessons
- Boxing Club