



PROSSERMAN
JCC

Group Exercise Schedule

August 8 - August 23

MORNING SESSIONS

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
6:15	Muscle Sulpt Ashley	Bootcamp Antonio		Muscle Sulpt Ivanna	Bootcamp Antonio			6:15
7:15	Athletic Circuit Gayle	HIIT Cycle Mahshid	Strength & Balance Lauren	Atheltic Circuit Ivanna	HIIT Cycle Ashley			7:15
	Gentle Yoga David	Therapeutic Yoga David	Gentle Yoga Mary		Strength & Balance Hali			
8:05							AquaFit Lora	8:05
8:30	Muscle Fusion Ivanna	Muscle Mix Alin	Muscle Fusion Ivanna	Strength & Balance Paloma	Muscle Mix Audrey	Pilates Gail	Bootcamp Antonio	8:30
	Therapeutic Yoga David	Core & Balance Mahshid	Therapeutic Yoga David		Pilates Hali	Performance Cycle Fern		
						Muscle Mix Gillian		
9:05	Aqua Zumba Fabio	AquaFit Fariba	AquaFit Simin	AquaFit Marina	AquaFit Lora			9:05
9:30	Muscle Sulpt Lisa	Muscle Mix Alin	Muscle Mix Lisa	Pilates Debra	Bootcamp Gayle	Pilates Gail	Barre Dani	9:30
		Strength & Balance Paloma						
	Therapeutic Yoga David	Pilates Foam Roll Nadine	Therapeutic Yoga David	Nia Dance Natalie	Iyengar for Beginners Sam	Iyengar Yoga Joanne	Flow Yoga Lisa	
	Cycle Fern	Cycle Audrey	Cycle Melissa	Performance Cycle Gayle	Cycle Michelle B.	Beat-based Cycle Fern	Cycle Michelle B.	
10:00					Post Natal Body Pump Alla			
10:05	Outdoor AquaFit Hali	Outdoor AquaFit Fariba	Outdoor AquaFit Simin	Outdoor AquaFit Marina	Outdoor AquaFit Hali			10:05
	Chair Fitness Melissa							
10:30	Step & Sulpt Lisa	Barre Sulpt Dani	Pilates Nadine	Muscle Sulpt Gayle	Muscle Mix Lisa	Bootcamp Lana	Barre Sulpt Dani	10:30
	Flow Yoga Fern	Pilates Nadine	Therapeutic Yoga David	Iyengar Yoga Sam	Iyengar Yoga Sam	Flow Yoga Fern	Flow Yoga Lisa	
		Chair Yoga Orli	Chair Intermediate Pilates Gillian	Chair Fitness Mahshid	30 min Chair Zumba Sid		Performance Cycle Gayle	

Baby-Steps classes

indicates low-intensity class

ROOM LOCATION
COLOUR CODE:

TRACK

Outdoor PB Courts

MAIN STUDIO

MIND & BODY STUDIO

ATRIUM

CYCLE STUDIO

SWIMMING POOL
(INDOOR)

OOTDOOR POOL

GPT room
Room LL-74

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



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JCC

Group Exercise Schedule

August 8 - August 23

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
11:15am	Tone & Core Melissa				11:15am Chair Zumba Sid			11:15am
11:30	Zumba Lift Dina	Barre Dani	Latin Zumba Karmiel	Zumba Gail	Zumba Gail	Zumba Neeta	Zumba Gayle	11:30
	Gentle Yoga Neeta	Gentle Yoga Lisa	Hatha Yoga Menucha	Iyengar Yoga Sam	Gentle Yoga Lisa	75 min - Iyengar Yoga Sam	Yogalates Lisa	
		Chair Yoga Orli	Chair Pilates Gillian					
			Pee Wee Pilates Nadine					
12:00	Outdoor Aquafit Simin		Outdoor Aquafit Ashley					
12:30	Pilates Debra	Therapeutic Yoga Neeta	Pilates Sandi	30-min Tone Cathy	Therapeutic Yoga David	Barre Dani	"Class of the Week" Guest Instructor	12:30
	Restorative Yoga Neeta	30-min Tone & Stretch Cathy	Stretching Menucha	Gentle Yoga Orli	Pilates Andrea			
		Outdoor Aqua Zumba Fabio			Outdoor Aquafit Elena			
1:05pm								
1:30	Iyengar for Beginners Joanne	Therapeutic Yoga Neeta	Strength & Balance Quinn	Restorative Yoga Orli	Therapeutic Yoga David			1:30
		Nia Dance Natalie						
2:30	75 min- 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
		Cycle Alyson						
6:00	Coach By Color Sammy			Cycle Sammy				6:00
6:30	Barre Dani	Muscle Sculpt Lesley	Abs & Glutes Beth	Barre Dani				6:30
	Vinyasa Yoga Mary	Vinyasa Yoga Shawn		Vinyasa Yoga Neeta				
7:30	Zumba Sonya							7:30
	Yogalates Mary	Power Yoga Shawn	Vinyasa Yoga Mary	Yogalates Neeta				
8:30								

Baby Step classes

indicates low-intensity class

ROOM LOCATION
COLOUR CODE:

TRACK

OUTDOOR PB COURTS

MAIN STUDIO

MIND & BODY STUDIO

ATRIUM

CYCLE STUDIO

SWIMMING POOL
INDOOR

OUTDOOR POOL

GPT ROOM
LL-74

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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

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.
Mobility & Stretch	Performance Cycle	Step & Sculpt
A class designed to improve flexibility, joint mobility, and overall movement quality. Guided stretches, controlled mobility drills to support better posture.	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/ Latin 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	Zumba Lift	Coach by color (cycle)
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	ZumbaLift is a high-energy fusion of dance and light strength training, mixing Zumba rhythms with easy-to-follow weight-lifting choreography for a fun, full-body workout	This class is a structured cycle training, coached by color that helps every rider train smarter, push safely, and perform effectively

Fall Group Exercise Schedule

(October- November)

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		Bootcamp Ivanna				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 Begginers 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

(October- November)

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 Angela 		Toning & Conditioning Mahshid 			
		Zumba Fabio 						
11:40			Pee Wee Pilates Nadine 					11:40
12:00	Aquafit Simin 	30min Lunch Break Spin Mahshid	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 Begginers Joanne 	Therapeutic Yoga David 	Strength & Balance Paloma 		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		Vinyasa Yoga Neeta				
	Cycle Sammy	Cycle Alyson	Cycle Neil	Cycle Sammy 				
7:30	Zumba Sonya		Zumba Shireen					7:30
	Yogalates Mary 	Power Yoga Shawn	Vinyasa Yoga Mary	Yogalates Neeta				

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



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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 Weigh 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
9:15am	Toning & Conditioning Melissa				Toning & Conditioning Mahshid			
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 Neeta	Internal use only					
		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						
11:30	Zumba Dina	Barre Dani	Zumba Karmiel	Zumba Alla	Zumba Gail	Zumba Gail		

ROOM LOCATION
COLOUR CODE:

GYMNASIUM

MAIN STUDIO

MIND & BODY STUDIO

COMMUNITY ROOM

CYCLE STUDIO

SWIMMING POOL
(INDOOR)

211
* bring your own mat
format

Goldie Fitness
Center (Gales)

indicates low-intensity class

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

AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
11:40am			Pee Wee Pilates Nadine					11:40am
12:00	Aquafit Simin	30min Lunch Break Spin Mahshid	Aquafit Ashley					12:00
			Gentle Iyengar Yoga Niren				Yogalates Lisa	
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 india
	Yogalates Mary	Power Yoga Jacqueline	Vinyasa Yoga Mary	Yogalates Neeta	Internal use			

ROOM LOCATION COLOUR CODE:
GYMNASIUM *Bring your own mat format
MAIN STUDIO
MIND & BODY STUDIO
COMMUNITY ROOM
CYCLE STUDIO
SWIMMING POOL (INDOOR)
211 (Gales) Bring your own mat format
Goldie Fitness center (Gales)

indicates low-intensity class

Internal use only