

Fit Kids Schedule

Weekly drop-in children's programming, included in Full Family Membership

*Outdoor Turf usage weather dependent



Monday

Sport Fit

Ages 5 - 9yrs

5:30 PM - 6:25 PM

Studio A or Outdoor Turf

SportFit helps kids build strength, coordination, and confidence through fun sports, fitness activities, and active games in a supportive, high-energy environment.



Tuesday

Fun Fit

Ages 5 - 9yrs

5:30 PM - 6:25 PM

Studio A

We combine exercise with fun in this fast-paced class! Playing various games, children will be moving, laughing, making friends, and getting their daily dose of physical activity.



Thursday

Kids Cycle

Ages 8 - 14yrs

5:15 PM - 6:10 PM

Cycle Studio

Cardio, strength and speed will be elements of this Cycle class in a fast, but self paced, ride in our Cycle Studio. Our instructor will engage kids in cycle drills riding along to catchy songs.



Sunday

Sport Fit

Ages 5 - 9yrs

9:30 AM - 10:25 PM

Studio A or Outdoor Turf

SportFit helps kids build strength, coordination, and confidence through fun sports, fitness activities, and active games in a supportive, high-energy environment.

Register on the JCC App through your child's profile

Sept - June: School-year schedule

Classes do not run on statutory holidays

905-303-1821 ext. 3271

For more information, please visit srcentre.ca

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