GROUP EXERCISE

SEP 1 2026 TO DEC 31 2026

STUDIO 1
STUDIO 2
STUDIO 5
STUDIO 6
STUDIO 7
IN THE POOL
AEROBICS STUDIO

UPDATED ON OCT 24, 2026
SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES FOUNDATIONS WITH JOYCE 8:30 - 9:25AM	ESSENTRICS/BARRE W/ NANCY **8:30 - 9:25AM**	CYCLE W/ LIA 7 - 7:45AM	PILATES W/ MELISSA 8:30 - 9:25AM	MINDFUL MOVEMENT 8:30 - 9:25AM	CYCLE W/ MIKE 8:30 - 9:15AM	AQUAFIT W/ SHEELA 8:30 - 9:15AM
20/20/20 W/ ALEXANDRA 9:30 - 10:30AM	YOGA PILATES FUSION W/ ABDOU 8:30 - 9:25AM	BALLROOM DANCE W/ ANTOINE 8:30 - 9:25AM	BARRE W/ ALEXANDRA 9:30 - 10:25AM	KETTLEBELL W/ LUIS 9:30 - 10:30AM	AQUAFIT W/ EMRE 8:30 - 9:15AM	GENTLE YOGA W/ KARMIT 9:30 - 10:25AM
BARS + PLATES W/ LIA 9:30 - 10:30AM	ZUMBA WITH KARMIEL 9:30 - 10:25AM	RESTOR. PILATES & YOGA W/ CAMMY 9:30 - 10:25AM	ESSENTRICS W/ NANCY 9:30 - 10:25AM	20/20/20 W/ EDGAR 9:30 - 10:25AM *CLASS STARTS SEPT 25*	BARS + PLATES W/ KARINA 9:30 - 10:25AM	KETTLEBELL W/ VERLAJ 10:30 - 11:25AM
AQUAFIT W/ STIVA 9:30 - 10:15AM	OSTEOFIT W/ TERRY 10:30 - 11:25 AM	AQUAFIT W/ LIA 9:30 - 10:15AM	BEG-INT OSTEOFIT W/ NANCY 10:30 - 11:25AM	DEEP WATER AQUAFIT W/ CONNIE 9:30 - 10:15AM	GROOVE W/ LEIGH 10:30 - 11:25AM	CYCLE W/ MIKE **10:30 - 11:15AM**
AQUAFIT W/ CHARLES 10:30 - 11:15AM	AQUAFIT W/ LIA 10:30 - 11:15 AM	AQUAFIT W/ SABRINA 10:30 - 11:15AM	ZUMBA W/ EDGAR 10:30 -11:25AM	AQUAFIT W/ CONNIE 10:30 - 11:15AM	POWER YOGA W/ JANET 11:30AM - 12:25PM	BOOTCAMP W/ HENRY *(CLASSES START OCT 4)* 10:30 - 11:25PM
CHAIR PILATES W/ JOYCE 10:30 - 11:25AM	20/20/20 W/ STIVA 10:30 - 11:25AM	STRONG NATION W/ EDGAR 10:30 - 11:25AM	AQUAFIT W/ REZA 10:30 -11:15AM	GENTLE YOGA W/ TERRY 10:30 - 11:25AM	BARRE W/ MELISSA 12:30 - 1:25PM	POWER YOGA W/ ABDOU 12:30 - 1:25PM
YOGA PILATES FUSION W/ KARMIT 10:30 - 11:25AM	CARDIO DANCE W/ STIVA *11:30AM - 12:25PM*	FALL PREVENTION W/ TERRY 10:30 - 11:25AM	20/20/20 W/ STIVA 11:30AM - 12:25PM	ZUMBA W/ KARMIEL 10:30 - 11:25AM	CYCLE W/ JULIA 12:30 - 1:15PM	ZUMBA W/ FABIO 1:30 - 2:25PM
CARDIO MIX W/ EDGAR 10:30 - 11:25AM	PILATES W/ ADRIENNE 12:30 - 1:25PM	RESTORATIVE PILATES YOGA W/ CAMMY 11:30AM - 12:15PM	OSTEOFIT W/ CP 12:30 - 1:25PM	CHAIR YOGA W/ DALE 10:30 - 11:25AM	AQUAFIT W/ KATIE 1:45 - 2:30PM	RESTORATIVE YOGA-STRETCH W/ DALE 2:30 - 3:30PM
PILATES W/ JOYCE 11:30AM - 12:25PM	CHAIR YOGA W/ KARMIT 1:30 - 2:30PM	STRETCH + STRENGTH W/ EDGAR 12:30 - 1:30PM	BARS & PLATES WITH EDGAR 12:30 - 1:30PM	OSTEOFIT W/ TERRY 11:30AM - 12:30PM	KETTLEBELL W/ LIA 1:30 - 2:25PM	
BARRE W/ LISA 11:30AM - 12:25PM	GROOVE W/ FABIO 4:30 - 5:25PM	HIIT W/ CONNIE 3:30 - 4:15PM	CYCLE W/ MIKE 12:30 - 1:15PM	PILATES W/ ADRIENNE 11:30AM - 12:25PM	HATHA YOGA W/ TERRY 1:30 - 2:25PM	
OSTEOFIT W/ C.P. 12:30 - 1:25PM	BARS AND PLATES W/ LUIS 4:30 - 5:25PM	PILATES W/ MELISSA **4:30 - 5:25PM**	GENTLE STRETCH W/ NANCY 1:30 - 2:30PM	CARDIO BOX W/ LUIS 12:30 - 1:25PM	FUNCTIONAL FITNESS W/ ADAM 2:30 - 3:25PM	
ESSENTRICS W/ NANCY 12:30 - 1:25PM	CYCLE W/ GUS 5:30 - 6:15PM	BOOTCAMP W/ NIMA 5:30 - 6:25PM	PILATES W/ ADRIENNE 4:30 - 5:25PM	STABILITY BALL + MOBILITY W/ WAYNE 1:30 - 2:15PM		
FALL PREVENTION W/ JOYCE **12:30 - 1:30PM**	BODY SHRED W/ CONNIE 5:30 - 6:15PM	PILATES W/ SABRINA **7:30 - 8:30 PM**	CYCLE W/ GUS 5:30 - 6:15PM	BARS + PLATES W/ NIMA 4:30 - 5:25PM		
MINDFUL MOVEMENT W/ ELIZABETH 3:30 - 4:25PM	POWER YOGA W/ CAMMY 6:30 - 7:30PM		PILATES W/ SABRINA 6:30 - 7:25PM	REST. PILATES-STRETCH W/ RIKA 5:30 - 6:25PM		
BARS + PLATES W/ KARINA 5:30 - 6:25PM			ZUMBA W/ CAROLINA 7:30 - 8:30PM			
ZUMBA W/ JENN 6 - 6:45 PM			POWER YOGA W/ CAMMY 7:30 - 8:30PM			
PILATES W/ SABRINA 6:30 - 7:25 PM						
ZUMBA W/ CAROLINA 7:30 - 8:30 PM						

CLASS DESCRIPTIONS

MNJCC.ORG/GROUPEX

20/20/20
Three different workouts in one! This class offers 20 min of cardio, 20 min of strength training and 20 min of core and stretching.

Aquafit
This low-impact class is performed in the shallow or deep end of our saltwater pool and is designed to improve joint stability, coordination, heart health, and strength.

Ballroom
Learn the basics of classic ballroom styles like waltz, tango, and foxtrot in a fun and supportive environment. Improve your coordination, confidence, and rhythm—no partner or experience required!

Barre
Barre fitness is a hybrid workout class that is inspired by elements of ballet, Pilates, dance and strength training.

Bars + Plates
A high-rep strength training workout that targets all of your major muscle groups. Designed to burn calories and improve bone health.

Beginner-Intermediate Osteofit
This program is a low-intensity, slow-paced, weight-bearing and resistance workout incorporating functional movements.

Beginner Tai Chi
Discover the true joy of Tai Chi. Decrease stress and improve stability, strength and flexibility through flowing movements.

BODYSHRED
A high intensity, endurance-based 30 min interval workout. Includes 4 sets of exercises broken down into Strength (3 min), Cardio (2 min), and Core/Active Recovery (1 min).

Bootcamp & Bar Strength
A high-intensity, athletic agility and strength training class. Expect high-rep strength training with bars and plates, as well as cardiovascular challenges.

Cardio Box
A high-energy, music-driven workout that features cardio kickboxing combinations, sports drills and dancing in a fun atmosphere.

Cardio Mix
A blend of hi-low impact aerobics, dance, athletic intervals, cardio box and more.

Chair Yoga
A gentle practice with postures performed while seated and/or with the aid of a chair. A great form of yoga for beginners and seniors.

Chair Pilates
A low-impact, supportive workout using a chair to build strength, flexibility, balance, and core stability—accessible for all fitness levels.

Core Sculpt
A dynamic workout designed to strengthen and tone your core muscles. Build stability, improve posture, and enhance strength.

CycleFit
Prepare for a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills.

Essentrics™
A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all muscles.

Essentrics Barre:
Enjoy the benefits of a full-body Essentrics class that incorporates the barre to help strengthen muscles, improve posture, increase flexibility, and build balance and coordination by targeting the muscles at more effective angles.

Fall Prevention
A class is designed for individuals experiencing challenges with balance and mobility to reduce the risk of falls.

Functional Fitness:
A full-body workout focused on building strength, mobility, balance, and everyday movement patterns using a variety of equipment such as dumbbells, kettlebells, resistance bands, and medicine balls.

Gentle Yoga
This is a gentle, slower moving yoga class. Options and props will be provided including weights, blocks and straps.

Groove
A dance class that is great for beginners! Dance to different rhythms and have fun while burning calories.

Hatha Yoga
Combining breath and movement with traditional sun salutations, the movements in this yoga class will help you to develop strength, flexibility, and concentration.

Kettlebell Conditioning
A high-intensity workout that can help you meet your toughest fitness goals. Best suited for regular gym-goers who have an established level of fitness.

Masters Swim
A great workout and training provided by one of our experienced coaches who can help you achieve your swimming goals.

Pilates
A beginner-friendly method of exercise that will help to develop your strength, flexibility, and endurance.

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Pilates Foundations:
Pilates Foundations uses step-by-step progressions, starting with breathing and building toward core strength and full-body conditioning. Simple movements improve body awareness, pelvic and spinal stability, and overall alignment.

Restorative Pilates
A class specifically designed to improve balance and flexibility, as well as assist in rehabilitation from injury or surgery.

Restorative Yoga & Stretch
A restful practice that holds yoga poses (asanas) and stretches for a longer duration using yoga blocks, blankets, and bolsters.

Rhythm and Beats Pilates
A contemporary Pilates class that focus on strengthening the core, improving spine mobility, stretching and lengthening the body while following a cheerful music that will create a vibrant atmosphere.

Stability Ball & Mobility
Expect a serious core workout in this class thats work your lower back and hip flexors while improving your range of motion.

Stretch/Gentle Stretch
Include stretches for the entire body with classical, dynamic, static, and/or yoga postures to stretch and strengthen the body, calm the mind, and reduce the risk of injury.

Stretch + Strength
This class will first target all of your muscles with a strength training workout and then move into a relaxing stretch workout that will rebalance your body.

Strong Nation
Combines body weight, muscle conditioning, cardio and plyometric training in a high-intensity, music-driven class. Expect HIIT style movements (skaters, jumping jacks, drills, etc).

Strength
A Total Body Workout that may include free weights, bands, and more, targeting all muscles, including the hips, glutes, thighs, chest, back, shoulders, and arms.

Swim Fit (15+)
Designed for more adv. swimmers who have a strong understanding and proficient front crawl, back crawl, and breaststroke. Must be able to swim 400m continuously.

Yoga
Create a union between your body, mind and spirit through movements as you gain strength, flexibility, and concentration.

Yoga Pilates Fusion
A wonderful blend of both disciplines, this class harnesses flowing meditative and creative sequences.

Zumba™
A workout that feels like a dance party! Sweat and sway while you perform simple choreography to great Latin music.

Zumba Gold
A low-impact, dance-inspired workout designed for active older adults, or anyone looking for a gentler fitness option.

GROUP EXERCISE BOOKING GUIDE

OCTOBER–NOVEMBER 2026 TRANSITION

The MNjcc is launching Traction Rec, our new registration and member management system, on November 17. As we make this transition, we're temporarily changing how Group Ex classes are booked. **All classes will continue to run as scheduled.**

WHEN AND HOW TO BOOK

OCT 26 AT 10AM – NOV 3 AT 8PM

BOOK ONLINE THROUGH AMILIA

We're temporarily extending advance booking! Starting October 26 at 10am, you can reserve Group Ex classes taking place through November 22. Online self-registration through Amilia closes November 3 at 8pm.

NOV 4 – NOV 22

BOOK THROUGH THE FRONT OR FITNESS DESKS

To reserve classes taking place through November 22, call 416.924.6211 ext. 0 or visit the front or fitness desks in person.

STARTING NOV 17

UPACE BOOKING OPENS

Beginning November 17, you can use Upace, our new member app, to book classes taking place November 23 onward. For classes taking place November 17–22, continue booking through the front or fitness desks.

STARTING NOV 23

ALL GROUP EX BOOKINGS MOVE TO UPACE

Use Upace to book your Group Ex classes. Front and fitness desk assistance will continue to be available.

HELP EVERYONE GET A SPOT

- Book thoughtfully. Reserve only the classes you plan to attend.
- Cancel if your plans change. Call 416.924.6211 ext. 0 or email info@mnjcc.org as soon as possible so another member can take your place.
- Join the waitlist. If your preferred class is full, you can still request a spot on the waitlist.
- Arrive on time. Your reservation is held until five minutes after class begins. After that, unclaimed spots are released to members on the waitlist.

NEED HELP BOOKING?

Call: 416.924.6211 ext. 0
Email: info@mnjcc.org
Visit: MNjcc front or fitness desks, 750 Spadina Avenue

Thank you for your patience as we make this transition!