JCC SCHWARTZ/REISMAN CENTRE

November Group Exercise Schedule

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
8:30	Therapeutic Yoga Genya	Pilates Jenny	Power Yoga Jenny	Hatha Yoga Rita	Therapeutic Yoga Genya	Rhythm & Beats Rob	Rhythm & Beats Lisa M	8:30
			Glutes & Abs Alin		Step Up: Muscle Gail	Cardio Kickboxing Sam	Muscle Sculpt Agnes	
						Aquafit Agnes	Gentle Yoga Karen	
9:00				Postnatal Sculpt Lauren				9:00
9:05	Aquafit Fariba	Aquafit Agnes	Aquafit Marina	Aquafit Ashley	Aquafit Irina		Aquafit Michelle	9:05
9:30	Barre Pilates Vazheh	Pilates Jenny	Barre Pilates Jenny	Barre Pilates Nadine	Barre Pilates Nadine	Vinyasa Yoga Lisa S.	Gentle Yoga Karen	9:30
	Cardio Blast Heather	Muscle Sculpt Michelle	Bootcamp Alin	Zumba Alla	Cardio Blast Alin	Bootcamp Sam	Athletic Circuit Denise	
			Performance Ride Gayle		Rhythm & Beats Ashley		Rhythm & Beats Lisa M	
10:05	Aquafit Fariba	Aquafit Ashley	Aquafit Marina	Aquafit Michelle	Aquafit Simin			10:05
10:30	Pilates Vazheh	Yogalates Vazheh	Pilates Karen	Pilates Nadine	Foam Roller Pilates Nadine	Yogalates Lisa S.	Pilates Karen	10:30
	Chair Fitness Joy	Chair Pilates Angela	Chair Zumba Claudia	Chair Pilates Rita	Chair Fitness Michelle			
	Muscle Sculpt Heather	Zumba Alla	Muscle Sculpt Gayle	Full Body Burn Heather	Muscle Mix Alin	Muscle Mix Gillian	Muscle Sculpt Gail	
11:30	Barre Dani	Gentle Yoga Angela	Gentle Yoga Karen	Yogalates Lisa S.	Barre Dani	Pilates Vazheh	Hatha Yoga Mabel	11:30
	Zumba Alla	Forever Strong Joy	Forever Balance Joy	Forever Strong Joy	Zumba Alla	Zumba Lina	Zumba Gail	
	Chair Yoga Orli				Chair Yoga Orli			
12:30	Gentle Yoga Angela		Therapeutic Pilates Karen	Gentle Yoga Sandra	Gentle Yoga Orli		Hatha Yoga Mabel	12:30
			Zumba Gail	Functional Fitness Michelle				

ROOM LOCATION COLOUR CODE:
MAIN STUDIO
YOGA STUDIO
DANCE STUDIO A
CYCLE STUDIO
FAMILY RESOURCE CENTRE
POOL
BOXING STUDIO

indicates low-intensity class

indicates baby & me class

indicates NEW class

visit: www.srcentre.ca
or the JCC Toronto app to register!

JCC SCHWARTZ/REISMAN CENTRE

November Group Exercise Schedule

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
2:00			Restorative Yoga Orli					
4:30	Pilates Ashley	Pilates Gail						4:30
	Muscle Mix Alin		Muscle Mix Alin		Bootcamp Denise			
	Rhythm & Beats **Rob**							
5:30	Pilates Bonnie	Pilates Gail	**Theraputic Yoga** **Genya**	**Yogalates** **Rita**				5:30
	Muscle Sculpt Alin	Muscle Mix **Beth**	Cardio Blast Alin	Muscle Sculpt Ashley				
6:30	Yogalates Lisa S.	Barre Pilates Gail	**Barre Pilates** **Hagar**	Barre Pilates Rita				6:30
	Bootcamp Lesley	**Drum Fit** **Beth**	Bootcamp Lesley	**Muscle Mix** Denise				
	Nia Dance Natalie	**Rhythm & Beats** **Melissa**						
7:30	Gentle Yoga Orli	Vinyasa Yoga Julie	**Pilates** **Rita**	Vinyasa Yoga Vazheh				7:30
	Zumba Alla	Zumba Claudia	Zumba Johanna	Zumba Claudia				
	Rhythm & Beats **Lesley**		**Rhythm & Beats** **Lesley**					
8:30	Yin Yoga Orli	Vinyasa Yoga Julie	Vinyasa Yoga Sandra	Pilates Vazheh				8:30

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MAIN STUDIO
YOGA STUDIO
DANCE STUDIO A
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CONFERENCE CENTRE
INDOOR POOL

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Group Exercise
Class Descriptions

Schwartz/Reisman Centre

Aqua Fit	BootCamp	Drum Fit
Low-impact water aerobics for mobility, strength, and cardio. A great alternative to weight-bearing exercise.	A mix of strength and aerobic training for a powerful, full-body challenge.	Cardio using drumsticks and rhythm. Fun, energizing, and great for endurance.
Aqua Zumba	**Cardio Blast**	**Foam Roller Pilates**
Combines upbeat dance moves with the resistance of water for a fun, low-impact cardio workout that tones and energizes all fitness levels.	Bodyweight and light resistance cardio drills that leave you sweaty and energized.	Pilates with foam rolling for strength, stretching, and recovery.
Athletic Circuit	**Cardio Kickboxing**	**Forever Balance**
A full-body circuit with strength and stamina challenges. Great for all levels.	A martial-arts inspired cardio workout that burns calories and builds endurance.	Breath and movement to build balance, mobility, and flexibility.
Athletic Yoga	**Chair Pilates**	**Forever Strong**
Blends yoga and mobility drills to improve flexibility, stability, and performance while supporting recovery and injury prevention.	Seated Pilates for strength, posture, and stress relief.	Low-impact training for strength, posture, and bone health.
Barre	**Chair Yoga**	**Full Body Burn**
Ballet-inspired workout combining Pilates, strength, and mobility.	Gentle yoga using chairs for support, relaxation, and mobility.	Strength and cardio combined for a total-body challenge.
Barre Pilates	**Cycle**	**Gentle Yoga**
Combination of Barre and Pilates, focusing on core strength, posture, balance and controlled movements.	Ride through challenging endurance and strength intervals timed to the music. Push your limits and build stamina.	Slow-paced yoga for balance, relaxation, and all levels.

Group Exercise
Class Descriptions

Schwartz/Reisman Centre

Glutes & Abs		**Therpeutic Yoga**
Focus on building a strong core and glutes to support all workouts.		Learn the importance of proper movement and how it supports strength, longevity, and overall health at any fitness level.
Hatha Yoga	**Pilates**	**Vinyasa Yoga**
Improve mobility and strength with posture and breath-focused practice.	Strengthen your core and improve posture with controlled movements.	Flow through postures using breath to build strength, flexibility, and focus.
	Rythm and Beats	**Yin Yoga**
	Indoor cycling classes focused on cardio and fitness workout where movements follow the rhythm of the music.	A slow, meditative class with long-held poses that release tension and improve flexibility.
		Yogaletes
		A mix of yoga and Pilates for flexibility, strength, and balance.
Muscle Mix	**Restorative Yoga**	**Yoga Fusion**
A blend of cardio and strength with adjustable intensity.	Relax deeply with supportive poses and mindful breathing.	Blend yoga and mobility drills with strength-building movements.
Muscle Sculpt	**Step Up: Muscle**	**Zumba**
Resistance training that tones and strengthens the whole body.	High-energy step and strength workout for full-body power.	Dance to fun music with easy-to-follow moves. A workout that feels like a party!
Nia	**Therapeutic Pilates**	**Chair Fitness**
A fusion of dance, martial arts, and yoga that energizes body and mind.	Gentle Pilates for mobility, flexibility, and core strength.	Gentle seated and standing exercises designed to improve strength, mobility and fitness.
Chair Zumba	**Dance Pilates**	
Seated/modified Zumba- style dancing designed to be accessible while still providing movement and cardio to all.	A blend of Pilates excerices with dance- inspired movements, focusing on core control and coordination.	