

SPRING 2010 PROGRAM

March 29th to June 20th



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness and dance classes						
7:00 – 8:00 Physical Cond. ☺ Gym - André		7:00 – 8:00 Physical Cond. ☺ Gym - André		7:00 – 8:00 Physical Cond. ☺ Gym - André		
			10:00 – 11:00 Toning Stretch ● Studio - Yvette			10:05 – 11:05 Aerobics ●■ Studio - Pak-kei
11:45 – 12:15 Aero Inter Express ☺ Gym - Nathalie	11:45 – 12:30 Boot camp ■◆ Gym - Robert	11:45 – 12:15 Aerobics Express ☺ Gym - Amélie	11:45 – 12:30 Boot camp ■◆ Gym - Max			
11:45 – 12:30 Gymstick/Toning+Ball ■◆ Studio - Carole/Alyson	11:45 – 12:30 Aerobics ■◆ Studio - Véronique		11:45 – 12:30 Zumba ■◆ Studio - Mariève	11:45 – 12:30 Outdoor jogging (1) ■◆ Lobby - Robert		
12:15 – 1:00 Toning ☺ Gym - Line		12:15 – 1:00 Toning ☺ Gym - Amélie	12:35 – 1:20 Interval training ☺ Gym - Max	12:05 – 1:00 Aero Toning ☺ Gym - Amélie		
					1:30 – 2:30 Line dancing ●■○ Jocelyne	
					2:45 – 3:30 Zumba ●■ Studio - Mariève	
	4:30 – 5:25 Toning+Ball ☺○ Studio - Marie-Claude					
5:30 – 6:45 Aerobics Plus ■◆ Studio - Leila	5:30 – 6:30 Interval training ☺ Gym - Cathy	5:30 – 6:30 Toning ☺ Gym - Alyson	5:30 – 6:30 Toning Ball +Stretch ☺○ Gym - Marie-Claude	5:30 – 6:30 Zumba ■ Studio - Mandy		
5:30 – 6:30 Toning ☺ Gym - Yvette		5:30 – 6:30 Aerobics Plus ■◆ Studio - Martin	NEW 5:30 – 6:30 Baladi ☺ Studio - Genevieve			

Cardio Cycle Classes 🚲						
				11:45 – 12:30 Cardio Cycle ☺ Studio - Jean-Sébastien		
12:35 – 1:20 Cardio Cycle ☺ Studio - Benoit		12:35 – 1:20 Cardio Cycle ☺ Studio - Robert				
				5:00 – 6:00 Cardio Cycle ☺ Gym - Michel		
6:30 – 7:15 Cardio Cycle ☺ Gym - Denis		6:30 – 7:25 Cardio Cycle ☺ Gym - Michel				

Mind and Body (Studio)						
	7:15 – 8:30 Yoga ■◆ Géraldine		7:15 – 8:15 Yoga ☺ Alyson			
		11:45 – 12:30 Power Yoga ■◆ Réral			10:45 – 11:45 Yoga ☺ Ivan	
			12:35 – 1:25 Pilates ●■ Céline	12:35 – 1:30 Power Yoga ☺ Donald		
			4:30 – 5:30 Pilates ●■ Marie-Claude	4:30 – 5:30 Gentle Yoga ☺ Géraldine		
	5:30 – 6:30 Pilates ■◆ Marie-Claude					
		6:35 – 7:35 Tai Chi + Fan ●○ Han Qing				
6:45 – 7:45 Tai Chi ■○ Han Qing	6:30 – 7:45 Power Yoga ■◆ Alyson	7:35 – 8:35 Tai Chi + Sword ◆ Han Qing	6:30 – 7:30 Yoga ☺ Géraldine			

Martial Arts						
	10:00 – 11:00 Qi Gong ☺ Studio - Roger					
	12:35 – 1:35 Karate ☺ Studio - Katsumata		12:35 – 1:35 Karate ☺ Gym - Katsumata	11:30 – 12:30 Katori Shinto ☺ Gym - Sylvain		
	4:30 – 6:00 Aikibudo (15+) Gym - Sylvain, Frédéric					
	6:00 – 7:00 Katori Shinto ☺ Gym - Sylvain	6:35 – 7:35 Tai Chi +Fan ●○ Studio - Han Qing				
6:45 – 7:45 Tai Chi ■○ Studio - Han Qing		7:35 – 8:35 Tai Chi +Sword ◆ Studio - Han Qing				

Gymnasium

Sports 🏸						
						11:30 – 12:30 Badminton ☺ Kim
			6:00 – 7:15 Badminton ☺ Zhen			

GUY-FAVREAU CENTRE

200, René-Lévesque Blvd West
Montréal, Québec
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Tel.: (514) 845-4277
www.ymcaquebec.org

Business Hours

Monday to Friday
6:15 a.m. to 10:00 p.m.

Saturday

7:30 a.m. to 8:00 p.m.

Sunday

8:00 a.m. to 6:00 p.m.

Statutory Holidays

April 2nd and May 24th
8:00 a.m. to 6:00 p.m.
No Fitness Classes

LEVELS

- Beginner
- Intermediate
- ◆ Advanced
- ☺ All levels
- Gentle

🚲 Registration required at the front desk 15 minutes prior the class.

(1) Please show up at the front desk at 11:45 a.m.

The YMCA reserves the right to change schedules without notice.

The YMCA reserves the right to cancel classes if there are less than 10 participants.

All group fitness classes welcome anyone from 12 years and up.

Family Program:

Accessible to all group of age and children 11 years of age and under must be accompanied by an adult at all times.

Preschool (up to 5 yrs):

Children must be accompanied by an adult at all times.

Children (6-11 yrs):

Children between the ages of 6 and 11 must be accompanied by an adult when in transition within the YMCA (except the Youth Zone).

Youth (12-17 yrs):

A teen fitness orientation is mandatory for all those wanting to use the cardio-vascular machines or the Atlantis Circuit weight room. Access is limited to members 13 years of age and older. For further information, please come and see us at our member services counter.

Pool Schedule (Bathing cap and shower is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafitness						
12:10 – 12:55 Aquafit ☺ Valérie		12:10 – 12:55 Aquafit ☺ Gabrielle		12:10 – 12:55 Aquafit ☺ Kersti		
12:10 – 12:55 Aquajogging ■◆ Danièle	12:15 – 1:30 Supervised training ☺ Danièle	12:10 – 12:55 Aquajogging ■◆ Danièle	12:15 – 1:00 Supervised training ☺ Danièle	12:10 – 12:55 Aquajogging ■◆ Danièle		
				1:00 – 1:45 Supervised training ☺ Danièle		
2:00 – 2:45 Aquafit ○ Valérie		2:00 – 2:45 Aquafit ○ Kersti		2:00 – 2:45 Aquafit ○ Kersti		
5:15 – 6:00 Aquafit ☺ Danièle		5:15 – 6:00 Aquafit ☺ Anne-Claudiel	5:15 – 6:00 Aquafit ☺ Anne-Claudiel			

Open Swim						
6:30 – 12:00	6:30 – 12:10	6:30 – 10:00	6:30 – 9:55	6:30 – 12:00		
					7:45 – 8:00	8:15 – 6:00
		10:00 – 11:00 (2)	9:55 – 10:50 (2)			
		11:00 – 12:00	10:50 – 12:10			
1:05 – 1:55	1:35 – 10:00	1:05 – 1:55	1:00 – 5:05			
1:55 – 2:50 (1)		1:55 – 2:50 (1)		1:45 – 2:50 (1)		
2:50 – 5:05		2:50 – 5:05		2:50 – 10:00		
6:05 – 10:00		6:05 – 10:00	6:05 – 7:25			
			7:30 – 8:30 (2)			
			8:30 – 10:00			

The number in brackets indicates the number of lanes available for Lap Swim.

Course Descriptions

Dance Classes

Aero Latin: Salsa, Merengue, Bachata, Chacha, Samba. Choreographed routines with movements borrowed from Latin dance styles.

Belly Dancing: Shimmy to your heart's content! Learn the art of belly dancing, it's about elegance, sensuality and grace, as you learn to isolate and move every part of your body. Emphasis will be placed on technique, stretching and proper postural alignment to achieve the beautiful form of dance.

Line Dancing: Dance class inspired by different styles such as samba, disco, mambo, waltz, tango.

Zumba: This class consists of choreographed routines based on the theme or style Latin and exotic dances. Sexy, dynamic, energetic, intense and fun!

Fitness Classes

Aerobics: High and low impact movement patterns which allow participants to follow the impact level of their choice. Muscle toning section with or without equipment, stretching and relaxation.

Aerobics express: This class follows the same format as an aerobics class, but it excludes the toning section.

Aerobox: Great alternative workout: intense cardiovascular workout for the whole body. This class combines choreographies which include "shadow boxing", "shadow skipping" and kicks. Terrific workout for stress release!

Aero intervals: You can do all your cardio-vascular and strength training in one class. This class utilizes the principles of work and recovery intervals, high- and low-impact aerobics and resistance training. Hand-held weights, rubber exercise bands and tubing, and other equipment are used.

Aero-toning: Short alternating periods of cardiovascular and muscular exercises including simple exercises sequences.

Cardio Cycle: Indoor cycling. Participants of all fitness levels and abilities can exercise together by choosing their own degree of resistance and pedalling rate. Beginners to elite riders can cycle together because they arrive at their same destination at the same time. Specific cardio training. The combination of music, atmosphere, mental imagery and the interaction of others makes this class very enjoyable.

Cycle/Toning: This class is designed for people who are seeking an introduction to cycling. It will include 30 to 35 minutes on the bike and 30 minutes of muscular conditioning and stretch.

Enduro Cycle: A studio cycle class more than 60 minutes in duration.

Fitness: A warm-up, followed by 20 to 30 minutes of cardiovascular activity (e.g. running, step, aerobic dance) with floor exercises, stretching and relaxation.

Gymstick or Toning Gymstick: The Gymstick is a fitness tool that combines stick and resistance band exercise into an effective workout. The Gymstick can be used for cardiovascular training, muscular endurance and flexibility. Please note that there will be a five minute initiation at the beginning of each class.

Interval Training: Intervals of high intensity muscular exercises set up in a circuit training style. Overall full body workout including segments of cardiovascular, muscular training and flexibility.

Physical Conditioning: Cardio training, including basic activities composed of simple and repetitive movements like walking and running followed by a muscle training segment with or without equipment.

Step: Step classes involve stepping up and down on an adjustable platform. A variety of movement patterns will be performed on the step. The intensity of the class can be modified by increasing or lowering the step height.

Toning: This class will focus on muscular conditioning exercises for the various muscle groups. Hand weights, tubing, elastics, Body Bar, exercise balls (when indicated toning with ball) and body weight can be used as resistance. The goal of this class is to improve muscular strength, endurance and muscle toning.

Toning w/ball: Toning class with a Swiss Ball.

Mind & Body

Pilates: A method of exercise to improve core body strength. These exercises strengthen both abdominal and back muscles and improve flexibility. They also improve circulation and reduces tension and stress. For the Pilates classes you may obtain a reservation card at the membership desk 20 minutes prior to classes. Cards may be given out sooner, if and only if, ten (10) or more people are lined up waiting. You cannot make reservations over the phone. First come, first serve! Please arrive 10 minutes prior to class, hand in your reservation card to the instructor!

Power Yoga: This dynamic class uses an uninterrupted flow of postures based on the ancient form of ashtanga yoga practice. Using muscle contraction, heat from continuous movement and concentration on breathing, this workout increases strength, endurance and flexibility.

Yoga: Using the time-honoured wisdom of yoga, this practice is dynamic combination of strength, sweat and spirituality. This accessible, challenging and flowing form of yoga will sculpt, tone and hone the muscle of your body, mind and spirit.

Martial Arts

Aikibudo: Aikibudo or harmonizing energies through martial arts is an art of defence whose roots come from the warring skills of the Japanese samurai clans. Today, it teaches skills to the practitioner through various defence simulation exercises.

Karate: Shotokan karate focuses primarily on basic techniques and their application in katas, simulated fights.

Katori Shinto: Katori Shinto is a Japanese sabre martial art (or Japanese fencing). Series of combat techniques between two people that is practised with a boken (wooden sabre).

Tai Chi - fan: This course will focus on the following learning : 36 movements, 10 fan handlings, 7 feet posture, 3 legs postures and 2 types of walk..

Tai Chi - hands: This form will develop flexibility, strength and will also harmonize the movements, the breathing as well as defense and attack postures. It will improve balance and health while relaxing the mind and body. We will start with the basic movements and integrate them gradually into the 42 movements. The movements will combine the 4 traditional styles as well as hands postures, 6 feet postures, 2 legs postures and 4 types of walk.

Tai Chi - sword: Participants in this courses should know and master the basics of Tai Chi. They will learn the 42 movements and will also master 22 sword postures as well as 7 feet postures, 2 legs postures and 2 types of walk. Breathing and defence postures will also be part of the course.

Aquafitness

Aquafit: Effective cardiovascular and muscular conditioning in a non-impact environment. The high resistance of water and the equipment used offer an intense workout while minimizing the impact on the joints. Excellent for participants from beginners to advanced fitness levels & older adults (movements can easily be designed to meet the needs of various levels). Swimming skills are not required.

Aquajogging: Cardio and muscular workout in the deep end of the pool using water resistance with or without resistance equipment.

Supervised Training: Workout integrating various swimming techniques aimed at improving the cardio and muscular systems, while perfecting swimming styles.

Gymnasium Sports

Badminton: Introduction to basic badminton techniques and tactics. Prerequisite for intermediate level: ability to hit the bird easily.