

SPRING 2010 PROGRAM

March 29th to June 20th



Group Fitness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|---|
| Fitness Classes | | | | | | |
| 6:55 – 7:50 Fitness ☺ Gym | | 6:55 – 7:55 Fitness ☺ Gym | | 6:55 – 7:55 Fitness ☺ Gym | | |
| 9:25 – 10:25 Toning ■◆ Gym | 9:25 – 10:25 Aerobox ■◆ Gym | 9:25 – 10:25 Cardio Mix ■◆ Gym | 9:25 – 10:25 Aero-latin ☺ Gym | 9:25 – 10:25 Toning ■◆ Gym | 9:15 – 10:15 Step Toning ■◆ Gym | 9:25 – 10:25 Aerobics ■◆ Gym |
| 10:30 – 11:30 Gentle Fitness ○ Gym | 10:30 – 11:30 Strength & Balance ■◆ Studio | 10:30 – 11:30 Gentle Fitness ○ Gym | | 10:30 – 11:30 Gentle Fitness ○ Gym | 10:30 – 11:30 Toning ■◆ Gym | 10:45 – 11:45 Toning ■◆ Gym |
| 12:05 – 1:05 Toning ☺ Gym | | 12:05 – 1:05 Boot Camp ■◆ Gym | | | | |
| 6:00 – 7:10 Toning ■◆ Gym | | 6:00 – 7:00 Toning ■◆ Gym | 6:00 – 7:00 Core Conditioning ■◆ Gym | | | |
| | 7:15 – 8:15 Aerobox ■ Gym | 7:15 – 8:15 Zumba ■◆ Gym | 7:15 – 8:30 Boxe-Cycle ■◆ Gym/Cycle Studio | | | |
| | 7:45 – 9:00 Swing Dance ☺ Cycle Studio | | | | | |

| Cardio cycle Classes ® | | | | | | |
|---|---------------------------------------|---|---|---|---|---------------------------------------|
| | 9:30 – 10:15 Cardio Cycle ■ | | 9:30 – 10:15 Cardio Cycle ■◆ | | 9:00 – 9:45 Cardio Cycle ■◆ | 9:00 – 9:45 Cardio Cycle ■◆ |
| 10:30 – 11:15 Cardio Cycle ■◆ | | 10:30 – 11:15 Cardio Cycle ■◆ | | 10:30 – 11:15 Cardio Cycle ■◆ | 10:00 – 10:45 Cardio Cycle ■◆ | |
| 12:00 – 12:45 Cardio Cycle ■◆ | | 12:00 – 12:45 Cardio Cycle ■◆ | | | | |
| 6:00 – 6:45 Cardio Cycle ■◆ | 6:00 – 6:45 Cardio Cycle ■◆ | 6:30 – 7:15 Cardio Cycle ■◆ | 7:15 – 8:30 Boxe-Cycle ■◆ Gym/Cycle Studio | | | |

| Mind and Body | | | | | | |
|---|---|---|---|--|--|--|
| | 6:55 – 7:55 Yoga ☺ Studio | | | | 8:00 – 9:00 Katori Shinto Gym | 8:00 – 9:00 Katori Shinto Gym |
| | | | 9:00 – 10:00 Tai Chi ● Studio | | | |
| | | | 10:00 – 11:00 Tai Chi ■◆ Studio | | | 10:00 – 11:00 Pilates ■◆ Studio |
| 10:30 – 11:30 Yoga ☺ Studio | 10:35 – 11:35 Pilates ■ Gym | 10:30 – 11:30 Yoga ☺ Studio | 10:30 – 11:30 Stretching ☺ Gym | | 11:00 – 12:30 Karate (13+) Studio | 11:15 – 12:15 Pilates ● Studio |
| | | | 12:00 – 1:00 Yoga ☺ Studio | 12:00 – 1:00 Pilates ■ Studio 2 | | |
| 1:00 – 2:00 Stretching & Balance ■◆ Studio | | 1:00 – 2:00 Stretching & Balance ■◆ Studio | | | 1:00 – 2:30 Yoga ☺ Studio | 1:00 – 2:00 Yoga ☺ Studio |
| 6:00 – 7:30 Yoga ☺ Studio | | 6:00 – 7:30 Hatha Yoga Flow ☺ Studio | | 6:00 – 7:30 Yoga Studio | | |
| | 6:15 – 7:15 Pilates ■ Gym | | 6:15 – 7:15 Belly Dancing ☺ Cycle Studio | | | |
| 7:30 – 8:30 Pilates ◆ Gym | 7:00 – 8:30 Karate (13+) Studio | | 6:30 – 7:30 Karate (13+) Studio | 7:10 – 8:10 Tai chi ● Studio | | |
| 7:45 – 9:00 Yoga ☺ Studio | 7:00 – 9:00 Drawing (16+) \$ Classroom 1 | 7:45 – 9:00 Hatha Yoga Flow ☺ Studio | 7:35 – 8:35 Pilates ◆ Studio | 8:10 – 9:10 Tai chi ■◆ Studio | | |

| Gentle Workout | | | | | | |
|---|--|---|--|---|--|--|
| 10:30 – 11:30 Gentle Fitness ○ Gym | | 10:30 – 11:30 Gentle Fitness ○ Gym | | 10:30 – 11:30 Gentle Fitness ○ Gym | | |

Preschool, Children, Youth, Family Programs, Babysitting

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|--------|
| 8:00 – 1:00 Pre-School Classroom | | | | | 9:00 – 11:00 Karate (6-12) Studio | |
| 9:15 – 12:00 Baby-sitting Studio | 9:15 – 12:00 Baby-sitting Studio | 9:15 – 12:00 Baby-sitting Studio | 9:15 – 12:00 Baby-sitting Studio | 9:15 – 11:45 Baby-sitting Studio | 12:00 – 5:00 Basketball | |
| | | | | | 1:00 – 3:00 Action Student Success Teen Zone | |
| 4:00 – 5:00 Basketball (9-11) Gym | 4:00 – 5:00 Floor Hockey (9-11) Gym | 4:00 – 5:00 Floor Hockey (9-11) Gym | 4:00 – 5:00 Basketball (9-11) Gym | 4:00 – 5:00 Soccer (6-11) Gym | | |
| 5:00 – 6:00 After School (6-11) | | | | | | |
| 5:00 – 7:00 Cooking night (12-17) Teen Zone | 4:30 – 6:00 Girlz Club (12-17) Teen Zone | 4:00 – 8:00 Music Teen Zone | 4:30 – 5:30 Leadership (12-17) | | | |
| | 5:15 – 7:00 Karate (6-12) Studio 2 | 4:30 – 6:00 Intergenerational Prog. Teen Zone | 5:30 – 6:30 Karate (6-12) Studio 2 | 6:00 – 8:00 Music Teen Zone | | |
| | | | | 6:00 – 8:00 Movie night (12-17) Teen Zone | | |
| | | | 8:30 – 9:55 Basketball Gym | 6:00 – 9:55 Basketball (12-17) Gym | | |

NOTRE-DAME-DE-GRÂCE CENTRE

4335 Hampton Street
Montreal, Québec H4A 2L3
Tel.: (514) 486-7315
www.ymcaquebec.org

Business Hours
Monday to Friday
5:30 a.m. to 10:00 p.m.

Saturday
7:00 a.m. to 7:00 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

\$ Additional payment required

® Cardio Cycle: You can reserve by phone the day before the class.

Instructors are subject to change without notice.

All Group Fitness classes welcome anyone 12 years and up.

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

Please consult the bulletin Boards.

Family Programs:

These programs are designed for parents and/or guardians who would like to spend quality time with their children. 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 cardiovascular 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.

Gymnasium

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|-------------------------------------|
| | | | | | 8:00 – 9:00 Katori Shinto | 8:00 – 9:00 Katori Shinto |
| | | | | | 12:00 – 5:00 Basketball (12-17) | |
| 4:00 – 5:00 Basketball (9-11) | 4:00 – 5:00 Floor Hockey (9-11) | 4:00 – 5:00 Floor Hockey (9-11) | 4:00 – 5:00 Basketball (9-11) | 4:00 – 5:00 Soccer (6-11) | | |
| 5:00 – 6:00 After School (6-11) | | | | | | |
| 8:30 – 9:45 ⚡\$ Cosom Hockey | | | 8:30 – 9:55 Basketball (12-17) | 8:00 – 9:55 Basketball (12-17) | | |

Pool Schedule (Bathing cap is mandatory)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--------------------------------------|--------|
| Aqua Fitnessness | | | | | | |
| 10:00 – 11:00 Aqua Fitness ■◆ | 10:40 – 11:40 Aqua Fitness ● | 11:05 – 12:05 Aqua Fitness ● | 10:40 – 11:40 Aqua Fitness ● | 11:05 – 12:05 Aqua Fitness ■◆ | 8:05 – 9:05 Aqua Fitness ● | |
| 11:00 – 11:45 Aqua Toning ☺ | 11:40 – 12:25 Aqua Toning ☺ | 1:15 – 2:00 Aqua Arthritis ○ | 11:40 – 12:25 Aqua Toning ☺ | 1:15 – 2:00 Aqua Arthritis ○ | | |
| | | 2:00 – 2:45 Aqua Toning ☺ | | 2:00 – 2:45 Aqua Toning ☺ | | |
| 7:35 – 8:35 Aqua Fitness ■◆ | | 7:35 – 8:35 Aqua Fitness ■◆ | | | | |

| Free Swim / Lane Swimming | | | | | | |
|--|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 6:30 – 9:30 Lane Swim | 6:30 – 9:55 Lane Swim | 6:30 – 9:00 Lane Swim | 6:30 – 9:00 Lane Swim | 6:30 – 9:00 Lane Swim | | |
| | | | | | 7:15 – 8:00 Lane Swim | 8:10 – 9:00 Lane Swim |
| 11:50 – 1:00 Lane Swim | 12:30 – 1:30 Lane Swim | 12:10 – 1:10 Lane Swim | 12:30 – 1:25 Lane Swim | 12:10 – 1:10 Lane Swim | | |
| | | | | 3:00 – 4:00 Lane Swim | 3:00 – 4:00 Open Swim | 3:00 – 4:00 Open Swim |
| 2:05 – 3:55 Lane Swim | 2:05 – 3:55 Lane Swim | 2:50 – 4:00 Lane Swim | 2:35 – 3:55 Lane Swim | | | |
| 4:00 – 4:45 After School Program | 4:00 – 4:55 Open Swim | 4:05 – 4:45 Open Swim | 4:00 – 4:55 Open Swim | | 4:05 – 5:15 Lane Swim | 4:00 – 4:45 Lane Swim |
| | 6:50 – 8:00 Open Swim | | 6:45 – 7:30 Open Swim | 6:45 – 7:30 Open Swim | | |
| 8:40 – 9:45 Lane Swim | 8:05 – 9:30 Lane Swim | 8:40 – 9:45 Lane Swim | | | | |

| Swimming Lessons 🏊 | | | | | | |
|---|---|--|--|---|---|---|
| | | | 9:00 – 9:55 Stroke improvement Adults | 9:00 – 9:55 Adult Swim Lessons | 9:15 – 3:00 Children's Lessons \$ | 9:15 – 3:00 Children's Lessons \$ |
| | | | | | 3:45 – 6:45 Bronze Medallion \$ | 3:00 – 6:00 Bronze Cross \$ |
| 4:50 – 6:45 Children's Lessons \$ | 5:00 – 6:45 Children's Lessons \$ | 4:50 – 6:45 Children's Lessons \$ | 5:00 – 6:45 Children's Lessons \$ | 4:45 – 6:45 Children's Lessons \$ | | |
| 6:45 – 7:30 Adult Swim Lessons | | 6:45 – 7:30 Stroke improvement Adults | 6:00 – 10:00 National lifeguard \$ | | | |

Course Descriptions

Dances classes

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

Swing: A wild dance style that brings back the wild evenings of the big band era. Swing today incorporates a variety of styles, with its trademark high energy pace and zaniness.

Zumba: A tonic, sensual mix of Latin style dance and gymnastics. Zumba, which comes from rumba, is based on choreographed routines combining aerobic dance steps and movements to sculpt the body. Sexy, energetic, intense and fun!

Fitness Classes

Aerobics: High- and low- impact movements. Participants can follow the impact level of their choice. Muscle toning section with or without equipment, stretching and relaxation.

Aerobox: Intense cardiovascular workout involving choreography based on boxing movements: punching, sparring, rope skipping, quick jumps and kicks are followed by floor exercises, stretching and relaxation.

Boxe-Cycle: Studio bicycle class lasting 30 minutes followed by an intensive aerobox cardiovascular workout. Stretching and relaxation.

Cardio-Cycle: Cardiovascular conditioning on a studio bicycle for everyone, regardless of fitness level. Participants can choose their own resistance level and pedaling rate. The combination of an intensive program, music, atmosphere and group spirit make this a very popular class.

Fitness: A warm-up followed by 20 to 30 minutes of cardiovascular activity (running, step, aerobics, etc.). Floor exercises, stretching and relaxation.

Gentle Fitness: For anyone who wants a gentle workout (seniors, post-natal women or after injury). Low impact aerobic exercises, muscle conditioning, mobility exercises, Stretching and relaxation.

Step Toning: 30 to 45 minutes of step exercises and muscle conditioning with weights. Stretching and relaxation. The basic step exercise involves stepping on and off an adjustable platform to a beat, and doing routines and different movements. Improves coordination, aerobic endurance, works muscles in the lower body and burns tons of calories.

Toning: This class will focus on muscle conditioning exercises for the various muscle groups. Hand weights, tubing, elastics, Body Bar, exercise balls and body weight can be used to improve overall muscular strength, endurance and muscle tone.

Mind & Body Classes

Pilates: The Pilates method is a series of floor exercises that improve circulation and tone up the body. Promotes good posture and maintains body balance by developing strength, flexibility and endurance. Tightens, elongates and strengthens musculature. Pilates also improves athletic performance and agility and relieves tension and stress.

Stretching: To increase the flexibility of the major muscle groups such as the ischio-leg, quadriceps, etc. Through various stretching and relaxation exercises. These exercises stretch the muscle fibres lengthwise to make the muscle more flexible.

Stretching & Balance: This class aims to increase the flexibility of the major muscle groups through stretching exercises inspired by ballet.

Yoga: A pleasant blend of physical activity and spirituality where each individual moves along at his own pace. Yoga can be done by everyone, regardless of age, size, or physical strength. Helps build greater flexibility, reduce stress and tone muscles as it nourishes the soul.

Martial Arts

Karate: A Japanese martial art based on the body's natural weapons (fingers, hands, elbows, knees, feet, head, shoulders, etc.) Punches and kicks, projections and other techniques develop strength, agility and flexibility. No combat. No experience necessary.

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

Kick Boxing workout: A cardiovascular workout that uses boxing techniques (punching, rope skipping, bag work, footwork, sparring techniques). One of the most effective ways to get in shape.