

SPRING 2010 PROGRAM

March 29th to June 20th



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Classes						
NEW 9:00 – 10:00 Zumba ☺ Studio A - Mandy		NEW 9:00 – 10:00 Step ●■ Studio A - Caroline		NEW 9:00 – 10:00 Pilates ■◆ Studio A - Kevin P.	10:05 – 11:05 Pilates ☺ Studio A - Alex	** Please check postings in the branch for monthly workshops and special classes.
10:30 – 11:30 Aero parent & baby ☺ Gym - Mandy		10:30 – 11:30 Parent & Baby Toning ☺ Studio A - Caroline			11:10 – 12:10 Yoga ☺ Studio A - Alex	
12:00 – 12:45 Aero Toning ☺ Studio A - Chris	12:00 – 12:45 Cardio Cycle ☺Ⓞ Gym - Caroline	12:00 – 12:45 Aero Toning ☺ Studio A - Chris	12:00 – 12:45 Cardio Cycle ☺Ⓞ Studio A - TBA	12:00 – 13:00 Yoga ☺ Y Zone - Nathalie	12:15 – 1:15 Salsa-Tango ☺ Studio A - Alex	
					1:30 – 2:30 Cardio Cycle ☺Ⓞ Studio A - Jennifer	
5:30 – 6:10 Step Express ☺ Studio A - Caroline		5:30 – 6:10 Aero-Toning ☺ Studio A - Chris				
6:15 – 7:00 Dance Mix ☺ Studio A - Sasha	6:00 – 7:00 Boxing Workout ●■ Studio A - Julian	6:15 – 7:10 Pilates ☺ Studio A - Alex	6:00 – 7:00 Boxing Workout ●■ Studio A - Julian	6:00 – 7:00 Circuit Training ☺ Studio A - Caroline		
6:30 – 8:00 Karate ☺ Y Zone - Jocelyn	NEW 6:30 – 7:30 Tai-Chi (fan) ☺ Y Zone - Ron	6:30 – 8:00 Karate ☺ Y Zone - Jocelyn	NEW 6:30 – 7:30 Tai-Chi (fan) ☺ Y Zone - Ron			
7:05 – 8:00 Pilates Studio A - Sasha	7:05 – 8:05 Cardio Cycle ●■Ⓞ Studio A - Jennifer	7:15 – 8:15 Yoga ☺ Studio A - Alex	7:05 – 8:05 Cardio Cycle ●■Ⓞ Studio A - Joanna			

POINTE-SAINT-CHARLES CENTRE

255 Ash Ave.
Montreal, Québec H3K 2R1
Tel.: (514) 935-4711
www.ymcaquebec.org

Business Hours
Monday to Friday
7 a.m. to 10 p.m.

Saturday 9 a.m. to 9 p.m.
Sunday 9 a.m. to 7 p.m.

Statutory Holidays
April 2nd and May 24th.
9:00 a.m. to 7:00 p.m. No Classes.

Special Event: Festi-Pointe May 24th

Drop-in Child Care: 8 weeks - 5 years.
Mon, Wed, and Fri: 8:30 to 10:30 am.

Children & Youth Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00 – 12:00 Circus	** Please check postings in the branch for monthly family activities
2:00 – 5:00 Homework Club	2:00 – 5:00 Homework Club	2:00 – 5:00 Homework Club	2:00 – 5:00 Homework Club		11:00 – 12:00 Kindergym	
2:30 – 6:00 Youth Zone	2:30 – 6:00 Youth Zone	2:30 – 6:00 Youth Zone	2:30 – 6:00 Youth Zone	2:30 – 6:00 Youth Zone	12:00 – 1:00 Soccer	
4:00 – 5:00 Komputers Kindergarden		4:00 – 5:00 Recycled Art		4:00 – 6:00 Chaotic Fridays	12:00 – 1:00 Improvisation	
4:00 – 5:00 Krazy Kraft Time	4:00 – 6:00 Board Games	4:00 – 6:00 Dance Craze I & II	4:00 – 6:00 Board Games	4:00 – 6:00 Movie Magic	1:00 – 2:00 Arts & Crafts	
5:00 – 6:00 Fun Art		5:00 – 6:00 Board Games	5:00 – 6:00 Dance Craze III		1:00 – 2:00 Open Gym Youth	
5:00 – 6:00 K-Group Activities	5:00 – 6:00 K-Group Activities	5:00 – 6:00 K-Group Activities	5:00 – 6:00 K-Group Activities		2:00 – 4:00 Open Gym Teen	
4:00 – 8:00 Teen Zone	4:00 – 8:00 Teen Zone	4:00 – 8:00 Teen Zone	4:00 – 8:00 Teen Zone	4:00 – 8:00 Teen Zone	4:00 – 6:00 Midget Basketball Team (14-15)	

LEVELS

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

✍ Registration required

\$ Additional payment required

Ⓞ Reservation Required: Please call the member service desk for reservation details.

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 check the bulletin Boards.

Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 9:00 Open Gym	7:00 – 9:00 Badminton Ⓞ	7:00 – 9:00 Open Gym	7:00 – 9:00 Badminton Ⓞ	7:00 – 9:00 Open Gym	9:00 – 10:00 Badminton Ⓞ	9:00 – 12:00 Community Program
10:30 – 11:30 Aero parent & baby ☺ Mandy					10:00 – 12:00 Circus	
11:30 – 1:30 Badminton Ⓞ		11:30 – 1:30 Badminton Ⓞ		11:30 – 1:30 Badminton Ⓞ	11:00 – 12:00 Kindergym	
	12:00 – 12:45 Cardio Cycle ☺Ⓞ Caroline				12:00 – 1:00 Soccer	12:00 – 2:00 Community Program
					1:00 – 2:00 Open Gym Youth	
					2:00 – 4:00 Open Gym Teen	2:00 – 4:00 Community Program
	4:00 – 6:00 Cooperative Recreational Activities for Youth					
6:00 – 8:00 Hockey League Teen Zone	6:00 – 10:00 Community Program	6:00 – 8:00 Sports Teen Zone	6:00 – 8:00 Hockey Teen Zone	6:00 – 8:00 Basketball Teen Zone	4:00 – 6:00 Midget Basketball Team (14-15)	4:00 – 6:00 Open Basketball Adult
8:00 – 10:00 Community Program		8:00 – 10:00 Badminton Ⓞ	8:00 – 10:00 Community Program	8:00 – 10:00 Community Program		

Course Descriptions

Aero Parent and Baby (with stroller): A class designed for new parents. The stroller is used during the cardiovascular and strength training components.

Aero-Toning: Aerobics session followed by full-body muscle toning. Stretching and relaxation.

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.

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.

Circuit Training: Intense class! No coordination required. This class is based on improving Strength, speed and power. The music is in background, there is no choreography. It is a basic training, specific cardio training (jumps and running) and muscle conditioning (sit ups, squats and push-ups). Fun and effective workout!

Danse Mix: Combining different styles of dance that explores choreographed routines based on hip hop, jazz and Latin dance.

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.

Parent & Baby Tone: This class will focus on muscular conditioning exercises for the various muscle groups. We use handweights, tubing, elastic, body bar, swissball (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.

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.

Salsa-Tango: Open level class exploring the rhythm and style of latin American dancing. The first half hour is dedicated to the exploration of how to lead/follow the basic elements in Argentine Tango. Some basic figures such as ochos, sacadas, caminada will be taught and practiced for technique and

style. The second half of the class will be more upbeat as we focus on the fast rhythmic and entertaining salsa. Everyone is welcome!

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.

Tai-Chi (with or without fan): Chinese gymnastics consisting of slow and supple movements in precise patterns. Wu style, short form (22 mvts), known for stimulation of blood and qi circulation through its unique method of movements. Designed to strengthen and loosen the body's joints, improve posture, and releases stress.

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.

Zumba: A fun and energetic class based on choreographed latin movements. It is sexy, dynamic, and intense. You are guaranteed a good time!