

# WINTER 2010 PROGRAM

## January 4<sup>th</sup> to March 28<sup>th</sup>



### Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fitness Classes</b>						
	8:30 – 9:30 <b>Aero Dance</b> ■ Studio - Rosemary			8:15 – 9:00 <b>Toning Express</b> ■ Studio - Rosemary		
<b>NEW</b> 9:00 – 9:55 <b>Aero Intervals</b> ●■ (Low Impact) Studio - Leila	<b>NEW</b> 9:30 – 10:10 <b>Fitness Express</b> ○ Gym - Desi	<b>NEW</b> 9:00 – 10:00 <b>Aero-Gymstick</b> ■ Studio - Valérie	9:00 – 9:55 <b>Aero-Dance</b> ■ Studio - Wanda	9:05 – 10:00 <b>Aerobics</b> ■◆ Studio - Rosemary		
					9:45 – 11:00 <b>Aero Step Toning</b> ◆ Studio - Jenny	9:30 – 10:30 <b>Toning</b> ■ Studio - Kim
	10:00 – 10:30 <b>Music &amp; Mvt (2-5)</b> Conference room		10:05 – 10:55 <b>Toning</b> ■ Studio - Wanda	10:05 – 11:00 <b>Senior's Toning</b> ○ Studio - Jenny		
11:00 – 11:45 <b>Line Dance 1</b> ☺ Studio - Serge	10:15 – 11:00 <b>Toning Express</b> ●■ Gym - Jenny		11:00 – 12:00 <b>Belly Dancing</b> ●■ Studio - Elise	11:05 – 12:05 <b>Ballroom Dancing</b> ☺ Studio - Benny	11:05 – 12:30 <b>Tai Chi 1 &amp; 2</b> ●■ Studio - Jocelyn	<b>NEW</b> 11:00 – 11:55 <b>Gymstick</b> ●■ Studio - Ouafa
11:50 – 12:40 <b>Line Dance 2</b> ■ Studio - Serge		12:15 – 1:00 <b>Aero Intervals</b> ■ Studio - Gayle		12:15 – 1:00 <b>Step</b> ●■ Studio - Leila		
				4:00 – 5:55 <b>Dance (12-17)</b> Studio		
		<b>NEW</b> 5:45 – 6:40 <b>Gymstick</b> ●■ Studio - Jenny				
6:00 – 6:55 <b>Toning</b> ■ Studio - Kim	<b>NEW</b> 6:00 – 6:55 <b>Step Toning</b> ■ Studio - Leila	<b>NEW</b> 6:45 – 7:40 <b>Aerobics</b> ■ Studio - Fatiha	<b>NEW</b> 6:00 – 6:55 <b>Step Toning</b> ■ Studio - Valérie			
7:00 – 7:55 <b>Aerobics</b> ■ Studio - Fatiha	7:00 – 8:30 <b>Aero Salsa</b> ■ Studio - Ridley		<b>NEW</b> 7:00 – 8:00 <b>Aero Belly Dancing</b> ●■ Studio - Geneviève			
8:00 – 9:15 <b>Belly Dancing</b> ●■ Studio - Marmar						

<b>Mind and Body</b>						
7:15 – 8:10 <b>Yoga</b> ●■ Studio - Éric	7:30 – 8:30 <b>Classical Stretch</b> ● Studio - Louise	7:15 – 8:10 <b>Yoga</b> ●■ Studio - Éric	7:30 – 8:30 <b>Classical Stretch</b> ● Studio - Louise	7:15 – 8:10 <b>Pilates</b> ●■ Studio - Lea		
					8:30 – 9:30 <b>Pilates</b> ■ Studio - Cheryl	
10:05 – 11:00 <b>Stretching</b> ☺ Gym - Éric		10:05 – 11:00 <b>Stretching</b> ☺ Gym - Éric				
	12:15 – 1:00 <b>Yoga Express</b> ■ Studio - Brian				<b>NEW</b> 12:45 – 1:30 <b>Stretch Express</b> ☺ Studio - Joanne	
	1:05 – 2:00 <b>Yoga</b> ○ Studio - Brian					
	6:45 – 7:40 <b>Yoga 1</b> ● Conference room - Brian		6:45 – 7:40 <b>Yoga 1</b> ● Conference room - Lea	<b>NEW</b> 6:00 – 7:00 <b>Pilates</b> ●■ Studio - Wanda		
	7:50 – 9:05 <b>Yoga 2</b> ■ Conference room - Brian	<b>NEW</b> 7:45 – 8:15 <b>Stretch Express</b> ● Studio - Fatiha	7:50 – 9:05 <b>Yoga 2</b> ■ Conference room - Lea			

### Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						8:00 – 9:00 <b>Badminton</b>
					9:00 – 10:00 <b>Karate</b> (5-9)	9:00 – 10:00 <b>Karate</b> (5-9)
					10:00 – 11:00 <b>Karate Adult &amp; Child</b> (10+)	10:00 – 11:00 <b>Karate Adult &amp; Child</b> (10+)
	11:00 – 11:45 <b>Preschool Physical Activities</b> (2-5)				11:15 – 12:15 <b>Soccer</b> (6-8)	11:00 – 2:00 <b>Soccer</b> (12-17)
					12:15 – 1:15 <b>Soccer</b> (9-12)	
					2:00 – 4:00 <b>Birthday Party</b>	
4:30 – 5:30 <b>Hockey</b> (9-11)	4:30 – 5:30 <b>Basketball</b> (9-11)	4:00 – 6:00 <b>After School Program</b> Gym & Conf. Room (6-11)	4:30 – 6:00 <b>Soccer</b> (12-17)	4:30 – 6:00 <b>Basketball</b> (12-17)	4:10 – 6:00 <b>Basketball</b>	
5:30 – 6:45 <b>Soccer</b> (15+)						
6:45 – 7:45 <b>Basketball</b>				6:00 – 7:45 <b>Badminton</b>		
	7:45 – 8:45 <b>Family Japanese Sword</b>					
8:00 – 10:00 <b>Badminton</b>	8:30 – 10:00 <b>Open Gym</b>		8:15 – 9:00 <b>Japanese Sword</b>	8:00 – 10:00 <b>Basketball</b> (15+)		
			9:00 – 10:00 <b>Open Gym</b>			

## ST-LAURENT CENTRE

1745 Décarie Blvd  
St-Laurent, Québec H4L 3N5  
Tel.: (514) 747-9801  
www.ymcaquebec.org

#### Business Hours

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

Saturday and Sunday  
8:00 a.m. to 6:00 p.m.

#### LEVELS

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

✂ Registration required

\$ Additional payment required

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.

## Pool Schedule (Bathing cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aquafitness</b>						
8:40 – 9:25 <b>Aqua Toning</b> Bogdan		8:40 – 9:25 <b>Aqua Toning</b> Bogdan				
	9:30 – 10:15 <b>Aquafitness express</b> Michelle/Christine			10:30 – 11:15 <b>Cardio Toning (Deep)</b> Rosemary		
11:05 – 11:55 <b>Aquafitness</b> Claudette	11:05 – 11:55 <b>Aquafitness</b> Blanca	11:05 – 11:55 <b>Aquafitness</b> Gayle	11:05 – 11:55 <b>Aquafitness</b> Michelle	11:15 – 12:00 <b>Aqua Toning</b> Rosemary		
6:15 – 7:10 <b>Aqua Toning</b>	6:15 – 7:10 <b>Aquafitness</b> Sonia	6:15 – 7:10 <b>Aquafitness</b>	6:15 – 7:10 <b>Aquafitness</b> Pierre-Julien			

<b>Open Swim and Swimming Lessons</b>						
6:00 – 8:30 <b>Lane Swim</b>		6:00 – 8:30 <b>Lane Swim</b>		6:00 – 9:15 <b>Lane Swim</b>		
	8:00 – 9:25 <b>Lane Swim</b>		8:00 – 9:25 <b>Lane Swim</b>		8:00 – 8:55 <b>Lane Swim</b>	8:00 – 8:55 <b>Lane Swim</b>
				9:00 – 9:30 <b>Adult Lessons</b> ■	9:00 – 2:00 <b>Lessons</b>	9:00 – 2:00 <b>Lessons</b>
	10:20 – 10:50 <b>Adult Lessons</b> ●■		9:30 – 10:00 <b>Adult Lessons</b> ●■			
9:30 – 11:00 <b>Daycare</b>		9:30 – 11:00 <b>Daycare</b>	10:00 – 11:00 <b>Daycare</b>	9:30 – 10:30 <b>Daycare</b>		
12:00 – 1:30 <b>Lane Swim</b>						
					2:00 – 3:55 <b>Open Swim</b>	2:00 – 3:55 <b>Open Swim</b>
4:00 – 6:10 <b>Lessons</b> (2)		4:00 – 6:10 <b>Lessons</b> (2)		4:00 – 7:00 <b>Lessons</b> (2)		
		4:00 – 4:55 <b>Open Swim</b> (3)		4:00 – 4:55 <b>Open Swim</b> (3)		
4:00 – 6:10 <b>Lane Swim</b> (3)	4:00 – 6:10 <b>Lane Swim</b> (3)	5:00 – 6:10 <b>Lane Swim</b> (3)	4:00 – 6:10 <b>Lane Swim</b> (3)	5:00 – 6:55 <b>Lane Swim</b>	4:00 – 5:30 <b>Lane Swim</b>	4:00 – 5:30 <b>Lane Swim</b>
7:15 – 7:55 <b>Adult Lessons</b> ●	7:15 – 7:55 <b>Adult Lessons</b> ●■	7:15 – 7:55 <b>Adult Lessons</b> ■◆	7:15 – 7:55 <b>Adult Lessons</b> ●■	7:00 – 7:55 <b>Open Swim</b>		
8:00 – 9:25 <b>Lane Swim</b>	8:00 – 9:25 <b>Lane Swim</b>	8:00 – 9:25 <b>Lane Swim</b>	8:00 – 9:25 <b>Lane Swim</b>	8:00 – 8:55 <b>Lane Swim</b>		

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

It is possible that during some Lane Swim and Open Swim times there will be Private Lessons.

## Course Descriptions

**Aerobics:** High and low impact movement patterns which allow participants to follow the impact level of their choice.

**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.

**Aero Dance:** Latin Dances, Modern Dance, these classes involve choreographed routines that follow the theme or style of the Dance.

**Aero-express:** This class follows the same format as an aerobics class, but is condensed into a 45 minutes time slot. Class includes 30 minutes of aerobic exercises followed by 15 minutes of strength training and stretching.

**Aero intervals:** You can reach your students' cardio-vascular and strength training needs in one class Aero Interval Training. 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 help make aero interval training classes new and exciting.

**Aero-Pilates:** An aerobics portion followed with Pilates exercises.

**Aero-Salsa:** Aero salsa involves choreographed routines whose movements are based on Latin dance. This class is designed for participants who enjoy dancing.

**Aero-Step-Toning:** A warm-up, followed by hi-lo, step and muscle conditioning exercises using weights and rubber tubing, stretch and relaxation.

**Ballroom:** A combination of Latin and modern styles, principally International Latin (bolero, samba, mambo and several other Latin style dances) and International Standard (Slow Waltz, foxtrot, tango and other modern dances).

**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.

**Classical Stretch:** Stretch and strength program that is inspired by ballet, Tai Chi, Yoga and Pilates.

**Gentle Toning:** The class follows the same format as muscle toning, but uses low impact movements designed for participants who are 60+.

**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.

**Japanese Sword:** In the style of the Katori school, this martial art, one of the oldest in Japan, will allow you to develop your coordination, dexterity and self-control. The teachings are done in katas alone or with an opponent with wooden swords. The advanced students will also learn to handle also the bo (staff), the naginata (halberd), the kodachi (short sword or knife) and the yari (spear).

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

**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 reduce tension and stress.

**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.

**Stretching:** This class aims to increase the flexibility of the major muscle groups through several stretching and relaxation exercises.

**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.

**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.