

# SPRING 2010 PROGRAM

## March 29<sup>th</sup> to June 20<sup>th</sup>



### Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fitness Classes</b>						
	7:00 – 8:00 <b>Step</b> ■ Studio - Pierre	6:30 – 7:30 <b>Toning</b> ■ Studio - Maria	7:00 – 8:00 <b>Aerobics</b> Studio - Devon		9:00 – 10:00 <b>Step</b> ■ Gym - Matthew	9:45 – 11:00 <b>Aero-Toning</b> ■ Studio - Yolanda
9:00 – 10:00 <b>Step</b> ■ Gym - Diana	9:00 – 10:00 <b>Toning Plus</b> ◆ Gym - Diana	9:00 – 10:00 <b>Step</b> ■ Gym - Jessey	9:00 – 10:00 <b>Toning Plus</b> ◆ Gym - Véronique	9:00 – 10:00 <b>Boot Camp</b> ◆ Gym - Diana	<b>Outdoor Nordic Walking</b> Arja	10:00 – 11:00 <b>BOSU</b> ◆ Gym - Claire
10:00 – 11:00 <b>Gymstick</b> ■ Studio - Amy		10:00 – 11:00 <b>Stretch &amp; Balance</b> ☺ Studio - Julien	9:00 – 10:00 <b>BOSU</b> ◆ Studio - Diana	10:00 – 11:00 <b>Aero-Dance</b> ☺ Studio - Véronique	10:00 – 11:00 <b>Aero-Salsa</b> ■ Studio - Kim	11:00 – 12:00 <b>Stretching</b> ☺ Gym - Nikki
10:05 – 11:05 <b>Classical Stretch</b> ☺ Gym - Sarah	10:30 – 11:30 <b>Aero-Mum &amp; Baby</b> ☺ Gym - Kim (Stroller)	10:05 – 11:05 <b>Toning w/Ball</b> ■ Gym - Amy	10:00 – 11:00 <b>NIA technique</b> ☺ Studio - Felicia		10:00 – 11:00 <b>Aero-Kickbox</b> ■ Gym - Eva, starts May 1st	11:00 – 12:00 <b>Budokon</b> ■ Studio - Ramin
12:05 – 13:00 <b>Toning</b> ■ Studio - Trudie	12h15 – 13h15 <b>Outdoor Hiking Group</b> Outside	12:05 – 13:00 <b>Toning</b> ■ Studio - Debbie	10:05 – 11:05 <b>Classical Stretch</b> ☺ Gym - Sarah		11:00 – 12:00 <b>Toning</b> ■ Gym - Peter	12:05 – 13:05 <b>Zumba</b> ☺ Studio - Alexandra
			11:15 – 12:15 \$ <b>Aero-Mum &amp; Baby</b> ☺ <small>Non-member Gym-Kim (Stroller)</small>			
17:15 – 18:00 <b>Step</b> ○ Studio - Mark	17:00 – 18:00 <b>Toning Plus</b> ◆ Studio - Beth	17:15 – 18:00 <b>Step</b> ■ Studio - Beth	17:00 – 17:55 <b>Toning</b> ■ Studio - Trudie			
18:00 – 19:00 <b>BOSU</b> ◆ Gym - Diana	18:00 – 19:00 <b>Step</b> ◆ Gym - Diana	18:00 – 19:00 <b>Toning</b> ◆ Studio - Linda	18:00 – 19:00 <b>Step</b> ■ Gym - Pierre	18:00 – 19:00 <b>Aerobics</b> ◆ Studio - Diana		
18:00 – 19:00 <b>Zumba</b> ■ Studio - Mandy	18:00 – 19:00 <b>Burlesque Dance</b> ☺ Studio - Sarah	18:15 – 19:15 <b>Afro-Caribbean Aerobics</b> ■ Gym - Selwyn	18:00 – 19:00 <b>Belly Dance</b> ☺ Palestre - Fouzia			
	20:05 – 21:05 <b>Latin Ballroom</b> Studio - Stephane					
<b>Gentle Workout (Studio)</b>						
9:00 – 10:00 <b>Toning</b> ○ Una	9:00 – 10:00 <b>Aerobics</b> ○ Lilian	9:00 – 10:00 <b>Toning</b> ○ Edi		11:00 – 12:00 <b>Aerobics</b> ○ Michel		
<b>Cardio Cycle Classes (Palestre)</b>						
	8:00 – 8:45 Colette	8:00 – 8:45 Julie		8:00 – 8:45 Suzanne	11:15 – 12:15 Colette ◆	
19:05 – 20:05 Julie ◆	18:00 – 19:00 Benoit ◆	19:00 – 19:55 Peter ■				
<b>Mind and Body</b>						
7:00 – 8:00 <b>Yoga</b> ☺ Studio - Kam	10:00 – 11:00 <b>Pilates</b> ■■ Studio - Sarah			6:30 – 7:30 <b>Pila-Yoga</b> ■ Studio - Tammy	9:00 – 10:00 <b>Pilates</b> ■ Palestre - Tammy	
11:00 – 12:00 <b>Yoga</b> ☺ Studio - Diana	11:05 – 12:05 <b>Tai Chi (Yang 24)</b> ● Studio - Michèle	11:00 – 12:00 <b>Yoga</b> ■ Studio - Don	11:05 – 12:05 <b>Tai Chi (Sword)</b> Studio - Michèle	9:00 – 10:00 <b>Pilates</b> ●■ Studio - Trudie	10:05 – 11:05 <b>Karate</b> ☺ Palestre	
	12:05 – 13:05 <b>Tai Chi (Yang 48)</b> ■ Studio - Michèle		12:05 – 13:20 <b>Meditation</b> Studio - Daryl	12:05 – 13:05 <b>Yoga</b> ■ Studio - Mona	11:30 – 12:45 <b>Yoga</b> ■◆ Studio - Linda	16:30 – 17:45 <b>Yoga</b> ■◆ Studio - Linda
18:00 – 19:00 <b>Pilates</b> ☺ Palestre - Tammy	19:00 – 20:00 <b>Yoga</b> ● Studio - Jessica	18:00 – 19:00 <b>Yoga</b> ☺ Studio - Kam	18:00 – 19:00 <b>Pilates w/Ball</b> ■ Real			
19:00 – 20:30 <b>Yoga</b> ☺ Studio - Tim	19:15 – 22:00 <b>Karate</b> Palestre		19:05 – 20:20 <b>Yoga</b> ■ Studio - Don			
			19:15 – 22:00 <b>Karate</b> ☺ Palestre			
<b>Pool Schedule (Bathing cap is mandatory)</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aquafitness</b>						
9:35 – 10:30	9:00 – 9:55	9:35 – 10:30	9:00 – 9:55	9:35 – 10:30	8:50 – 9:45	
	13:15 – 14:00 <b>Arthritic Aquafit</b>		13:15 – 14:00 <b>Arthritic Aquafit</b>			
18:20 – 19:15		18:20 – 19:15				
<b>Open Swim</b>						
10:35 – 11:40	10:00 – 11:30	10:35 – 11:40	10:00 – 11:30	10:35 – 11:40		
13:20 – 15:35	13:15 – 14:00 (60+)	13:20 – 15:40	13:15 – 14:00 (60+)	13:20 – 15:35		
	15:00 – 16:00		14:35 – 15:50		14:00 – 15:25	14:45 – 16:00 City of Westmount
<b>Lap Swim</b>						
7:40 – 8:10	6:30 – 8:55	7:40 – 8:10	6:30 – 8:55	7:40 – 8:10	8:00 – 8:45	7:00 – 9:55
11:45 – 13:15	11:35 – 13:10	11:45 – 13:15	11:35 – 13:10	11:45 – 13:15	15:30 – 16:30	13:30 – 14:45
	20:50 – 21:45		20:50 – 21:45	20:50 – 21:45		
<b>Masters Swim Club</b>						
6:20 – 7:35		6:20 – 7:35		6:20 – 7:35		
8:10 – 9:30		8:10 – 9:30		8:10 – 9:30		
	7:15 – 8:45		7:15 – 8:45			4:00 – 5:20
<b>Swimming Lessons (Children)</b>						
15:45 – 17:00	16:00 – 18:00	15:45 – 17:00	16:00 – 18:00	15:30 – 16:55	9:50 – 13:55	9:45 – 13:30
20:00 – 20:45 <b>Adult lessons</b>		20:00 – 20:45 <b>Adult lessons</b>				

## WESTMOUNT Y CENTRE

4585 Sherbrooke Street West  
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Tel.: (514) 931-8046  
www.ymcaquebec.org

### Business Hours

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

Saturday and Sunday  
7:00 a.m. to 7:00 p.m.

### Statutory Holidays

April 5<sup>th</sup> and May 24<sup>th</sup>  
10:00 a.m. to 5:00 p.m.  
No Classes

### LEVELS

- Beginner
- Intermediate
- ◆ Advanced
- ☺ All levels
- Gentle
- ✂ Registration required
- \$ Additional payment required
- Ⓡ Cardio Cycle: Reservation card available at membership services 20 minutes before the start of each 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 (6-12 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
					12:30 – 14:30 <b>Basketball (18+)</b>	
					14:30 – 16:30 <b>Open Gym Family (6-12)</b>	
				18:00 – 19:30 <b>Basketball (Skills &amp; Drills)</b>		
19:30 – 22:00 <b>Basketball (18+) ♦</b>	19:30 – 22:00 <b>Volleyball (18+) ♦</b>		19:15 – 22:00 <b>Basketball (16+) ■</b>	19:30 – 21:30 <b>Basketball (13-17)</b>		
		20:00 – 22:00 <b>Cosom Hockey</b>				

## Preschool, Children, Youth, Family Programs, Babysitting

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 – 12:00 <b>Child Care \$</b>						
			9:30 – 10:15 <b>Baby Picasso \$ (8-18 months)</b>		9:00 – 12:00 <b>Family program (3-5) (Drop off) member only**</b>	
10:00 – 10:55 <b>Kindergym \$ (6 months-Walking)</b>	10:00 – 10:55 <b>Kindergym \$ (26-36 months)</b>	10:00 – 10:55 <b>Kindergym \$ (6 months-Walking)</b>	10:00 – 10:55 <b>Kindergym \$ (18-26 months)</b>	10:00 – 10:55 <b>Kindergym \$ (Walking-18 months)</b>		
				11:00 – 11:55 <b>Kindergym \$ (18-26 months)</b>		
12:00 – 13:00 <b>Lunch Bunch \$</b>						
15:00 – 18:00 <b>After School Program \$</b>						
	16:00 – 16:55 <b>Basketball \$ (8-11)</b>	16:00 – 16:55 <b>Ace Mini-Tennis (6-9)</b>				
	17:00 – 17:55 <b>Basketball \$ (12-17)</b>	17:00 – 17:55 <b>Ace Mini-Tennis (10-12)</b>				

\*\* Free for Family Members.

## Course Descriptions

### Danse

**Aero-Dance:** Cardio class that includes a combination of different dance style

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

**Afro-Caribbean:** A high energy class that is inspired by music from Africa and Latin America.

**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.

**Burlesque Dance:** Inspired by strip tease and burlesque dance, let go of your inhibitions and come and workout to sexy music and sexy moves. For women only.

**Latin Ballroom:** This course will teach you the basic steps of couples Latin dance. It is recommended to come with a partner and sign-up required.

**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.

### Fitness

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

**Aero-Kickbox:** A cardiovascular workout incorporating boxing techniques (punching, kicking, etc.) without physical contact. An intense cardiovascular workout for the whole body. Routines include specific movements kick boxers use without the competitive contact. This class combines « shadow kickboxing », « shadow skipping » and kicks. Come get a terrific workout and relieve your stress.

**Aero-Mum & Baby (with stroller):** A class designed for new moms. The stroller is used during the cardiovascular and strength training components.

**Boot Camp:** Intense class! No coordination required. This class is based on improving strength, speed and power. The music is in the 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!

**BOSU:** A workout using the BOSU that includes exercises for stability, balance, cardio and conditioning.

**Cardio Cycle:** Indoor cycling. Participants of all fitness levels and abilities can exercise together by choosing their own degree of resistance and pedaling 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.

**Gymstick:** The gymstick is 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.

**Nia Technique:** A new approach to working out that is gentle to the body and claming to the spirit. You will train your cardiovascular system and work your muscles the Nia way. This total body conditioning course includes movements from Tai Chi, Jazz, Aikido, Yoga and Tae Kwon Do.

**Outdoor Hiking Group:** This group meets outside the building and will take an uphill walk to the Summit in Westmount. Comfortable clothing and good walking shoes are recommended. Registration required. Weather permitting.

**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:** General development of muscle endurance and strength with additional resistance equipment. When toning with a ball, all exercises are performed with a Swiss ball.

**Outdoor Nordic Walking:** an outdoor activity using Nordic walking poles that improves cardiovascular fitness, and overall muscular strength. Good walking shoes and comfortable clothing are recommended. Please sign up at member service.

### Mind & Body

**“Classical Stretch”:** A conditioning program designed to improve flexibility with various stretching exercises inspired by ballet, Tai Chi, yoga and Pilates Stretch and strength program that is inspired by ballet, Tai Chi, Yoga and Pilates.

**Meditation:** learn and practice techniques to calm the mind and body. No experience necessary and is open to all. A warm blanket or shawl is recommended.

**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.

**Pila-Yoga:** This class is a blend of mind-body disciplines such as Yoga, Pilates and fitness conditioning. It introduces mindfulness, attention to form, exercise execution and breathing techniques into everyday workouts.

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

**Stretch and Balance:** This class aims to strengthen the core muscle groups. In addition, this program increases the flexibility of all major muscle groups though a variety of stretches and exercises. The exercises are inspired from ballet.

**Yoga:** Using the time-honored 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.

### Gentle Training

**Aerobics:** These cardio-vascular and muscular sessions are designed for adults over 60, and for those participants wanting to start exercise more slowly, or recovering from an injury. The participants develop their cardiovascular system, endurance, strength, and flexibility, as well as body awareness.

**Toning:** Gentle exercises for the 60 and over set, working the major muscle groups. To improve strength, endurance and general body tone. This course is also suitable for participants wanting to start exercise more slowly, or after recovering from an injury.

### Martial Arts

**Budokon:** Budokon is influenced by Indian, Asian and Brazilian arts. The art form is gentle and flexible like yoga, muscular and powerful like martial arts, playful and fun like Capoeira.

**Karate:** Karate is a martial art that incorporates punches and kicks for strength, agility and flexibility. No combat. No experience necessary.

**Tai Chi:** Energizing Chinese art made up o slow and supple movements that promote relaxation, concentration, balance and coordination. Yang style, short or long forms. Various levels are offered: Yang 24,48 and 88. Participants in the advanced course must know and be proficient in the basic Tai Chi movements.

**Tai Chi Sword:** The tai Chi 42 Sword is based on the traditional Chen, Yang, Sun and Wu styles. The content, structure, characteristics and degree of difficulty are suitable for health promotion.

### 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.

**Arthritic Aquafit:** Physical conditioning in the deep part of the pool for people with joint problems. The emphasis is on stretching and muscle toning to improve and retain a good range of motion.