

# WINTER-SPRING 2012 PROGRAM

## January 9<sup>th</sup> to June 17<sup>th</sup>



### Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fitness Classes</b>						
	<b>NEW</b> 11:55 – 12:55 <b>Afro-Latin</b> ☺ Studio 1 - Claudine		11:00 – 11:50 <b>Toning Ball/Bosu</b> ☺☺ Studio 2 - Sophie		10:00 – 11:45 <b>Chito Ryu Karate</b> ☺ Gym - Thierry (14+)	10:30 – 11:30 <b>Step</b> ■◆ Studio 2 - Sarrah
<b>NEW</b> 12:00 – 1:00 <b>Zumba</b> ☺ Studio 4 - Niria	12:00 – 12:45 <b>Bosu</b> ☺☺ Studio 2 - Sophie		12:00 – 1:00 <b>African Dances</b> ☺ Studio 1 - Claudine		10:30 – 11:30 <b>Step</b> ☺ Studio 2 - Valérie	<b>NEW</b> 11:30 – 12:00 <b>Toning Express</b> ☺ Studio 2 - Sarrah
12:05 – 12:55 <b>Toning</b> ☺ Gym - Lori	12:05 – 12:55 <b>Aero-Kickbox</b> ☺ Gym - Ludmila	12:05 – 12:55 <b>Toning</b> ☺ Gym - Sophie	12:05 – 12:55 <b>Aero-Kickbox/Bootcamp</b> ☺ Gym - Bassel	12:05 – 12:55 <b>Aero-Latin</b> ☺ Studio 2 - Ludmila	11:35 – 12:25 <b>Toning</b> ☺ Studio 2 - Valérie	
12:05 – 12:55 <b>Step</b> ■◆ Studio 2 - Bassel		12:15 – 1:00 <b>Step</b> ■ Studio 2 - Caterina/Gabi	12:15 – 12:55 <b>Toning</b> ☺ Studio 2 - Nydia	12:10 – 12:55 <b>Toning</b> ☺ Gym - Cathy		
4:40 – 5:25 <b>Toning Express</b> ☺ Studio 2 - Leigh	<b>NEW</b> 4:45 – 5:30 <b>Toning</b> ☺ Studio 2 - Antonella	4:45 – 5:30 <b>Gymstick™</b> ☺ Studio 4 - Leigh	<b>NEW</b> 4:45 – 5:30 <b>Bosu</b> ☺☺ Studio 2 - Lori		<b>NEW</b> 3:00 – 4:00 <b>Groove</b> ☺ Studio 4 - Mootaz	
5:30 – 6:30 <b>Toning</b> ☺ Gym - Dina	5:35 – 6:35 <b>Step</b> ◆ Studio 2 - Diana	5:30 – 6:30 <b>Aero Dance</b> ☺ Gym - Tanya	5:30 – 6:30 <b>Circuit Training</b> ☺ Gym - Edith	<b>NEW</b> 5:30 – 6:30 <b>Dance Mix</b> ☺ Gym - Jessica		
5:30 – 6:30 <b>Groove™</b> ☺ Studio 1 - Priscilla	5:35 – 6:30 <b>Toning</b> ☺ Gym - Caroline	5:35 – 6:35 <b>Toning</b> ◆ Studio 4 - Mary	5:35 – 6:35 <b>Step</b> ■◆ Studio 2 - David	5:30 – 6:55 <b>Aikibudo (15+)</b> ☺ Studio 4 - Martin/Sylvain		
5:45 – 6:30 <b>Step</b> ☺ Studio 2 - Valérie		5:45 – 6:30 <b>Step</b> ● Studio 2 - Leigh		5:40 – 6:40 <b>Step intervals</b> ☺ Studio 2 - Joanne		
6:35 – 7:35 <b>Toning</b> ☺ Studio 2 - Valérie	6:35 – 7:30 <b>African Dances</b> ☺ Studio 1 - Claudine	6:35 – 7:20 <b>Toning</b> ☺ Studio 1 - Judith	<b>NEW</b> 6:40 – 7:25 <b>Aerobics</b> ☺ Gym - Andrea			
6:35 – 7:35 <b>Circuit Training</b> ◆ Gym - Paul	6:40 – 7:55 <b>Katori Shinto Ryu</b> ☺ Gym - Sylvain	6:35 – 7:30 <b>Aero-Kickbox</b> ☺ Studio 2 - Eva	6:40 – 7:40 <b>Groove™</b> ☺ Studio 2 - Laurie			
		6:35 – 7:30 <b>Aero Latin</b> ☺ Gym - Brenda Christine	7:00 – 8:15 <b>Budokon</b> ■◆ Studio 1 - Ramin	6:45 – 7:45 <b>Hip Hop</b> ☺ Studio 2 - Wiz		
7:35 – 9:35 <b>Chito Ryu Karate</b> ☺ (14+) Gym - Thierry	7:00 – 8:00 <b>Belly Dancing</b> ☺ Studio 2 - Elana	7:35 – 9:35 <b>Chito Ryu Karate</b> ☺ (14+) Studio 1,2 - Thierry	7:35 – 8:35 <b>Bollywood-Bhangra</b> ☺ Studio 4 - Assya			
7:45 – 8:45 <b>Belly Dancing</b> ☺ Studio 2 - Angela	8:05 – 9:30 <b>Aikibudo (15+)</b> ☺ Studio 4 - Martin	8:00 – 9:30 <b>Capoeira</b> ☺ Studio 4 - Christopher/Kim		8:00 – 9:30 <b>Breakdance</b> Studio 1		

Cardio Cycle Classes / Studio 3 / ☺ / Reservation cards available at member services 20 minutes before the start of each class.						
7:00 – 7:50 Elena ☺	7:05 – 8:05 Marjolaine ■◆	6:45 – 7:30 Fred ☺	6:45 – 7:45 Conrad ■			
<b>NEW</b> 12:00 – 12:30 Helen ■◆	10:30 – 11:00 Helen/Sophie ●	12:00 – 12:45 Lori ■	12:00 – 12:45 Jean-Luc ■◆	12:00 – 12:55 Ben ☺	12:00 – 1:00 Sara ☺	
4:45 – 5:30 Marie-Christine ☺	12:00 – 12:45 Lisa ☺	4:45 – 5:30 Peggy ☺				
5:40 – 6:40 Omar ■◆	5:30 – 6:15 Allison ☺	5:40 – 6:40 Conrad ■	5:30 – 6:30 Mary ■◆			
6:50 – 7:50 Joumana ■	6:25 – 7:25 Anie ■◆	6:50 – 7:35 Edwin ☺	6:40 – 7:40 Stephen ■◆	6:00 – 6:45 Khouloud/Claudia ☺		

Mind and Body						
7:00 – 8:00 <b>Yoga</b> ☺ Studio 1 - Annie	10:00 – 10:50 <b>Chair Yoga</b> ● Studio 2 - Réal		10:00 – 10:50 <b>Chair Yoga</b> ● Studio 2 - Réal	7:00 – 8:00 <b>Yogalates</b> ☺ Studio 1 - Jaime	10:00 – 11:00 <b>Yoga</b> ☺ Studio 4 - Chitra	9:00 – 10:00 <b>Qi Gong</b> ☺ Studio 1 - Roger
10:45 – 11:45 <b>Tai Chi (108 Forms)</b> ☺ Studio 1 - Shirley	10:35 – 11:35 <b>Pilates</b> ☺ Studio 1 - Sasha	10:45 – 11:45 <b>Tai Chi (108 Forms)</b> ☺ Studio 1 - Shirley		<b>NEW</b> 9:30 – 10:30 <b>Yoga</b> ☺ Studio 1 - Antonella	11:30 – 12:30 <b>Pilates</b> ☺ Studio 4 - Sasha	
	11:00 – 11:50 <b>Yoga</b> ● Studio 4 - Réal		11:00 – 11:50 <b>Yoga</b> ● Studio 1 - Réal	<b>NEW</b> 10:45 – 11:45 <b>Tai Chi (24 Forms)</b> ☺ Studio 1 - Shirley	12:35 – 1:35 <b>Pilates</b> ■ Studio 4 - Sasha	
12:40 – 1:40 <b>Yoga</b> ☺ Studio 1 - Sophie	12:00 – 1:00 <b>Yoga</b> ☺ Studio 4 - Réal	12:00 – 1:00 <b>Yoga</b> ☺ Studio 4 - Sonia	12:00 – 1:00 <b>Yoga</b> ■◆ Studio 4 - Réal	11:55 – 12:55 <b>Power Yoga</b> ■ Studio 1 - Ying	12:30 – 2:00 <b>Yoga</b> ☺ Studio 2 - Ivan	12:05 – 1:20 <b>Yoga</b> ☺ Studio 2 - Don
	1:05 – 1:50 <b>Stretching</b> ☺ Studio 2 - Claudine		1:10 – 2:10 <b>Pilates</b> ☺ Studio 2 - Erin		2:00 – 3:00 <b>Meditation</b> ☺ Studio 2 - Ivan	1:30 – 2:45 <b>Yoga</b> ☺ Studio 2 - Don
4:00 – 5:00 <b>Yoga</b> ☺ Studio 1 - Claudette		4:00 – 5:00 <b>Yoga</b> ☺ Studio 1 - Lori			3:15 – 4:30 <b>Yoga</b> ☺ Studio 2 - Chitra	
	5:35 – 6:35 <b>Yoga</b> ◆ Studio 4 - Mary		5:00 – 6:00 <b>Tai Chi (24 Forms)</b> ● Studio 4 - Yan	5:30 – 6:30 <b>Yoga</b> ●■ Studio 1 - Réal		5:00 – 6:30 <b>Power Yoga</b> ■◆ Studio 2 - Mariya
6:30 – 7:30 <b>Yoga</b> ● Studio 4 - Kadia	6:40 – 8:00 <b>Yoga</b> ☺ Studio 4 - Ivan	6:45 – 7:45 <b>Pilates</b> ● Studio 4 - Iain	6:00 – 7:00 <b>Tai Chi (24 Forms)</b> ◆ Studio 4 - Yan	6:35 – 7:55 <b>Yoga</b> ◆ Studio 1 - Don		
	7:45 – 8:45 <b>Pilates</b> ☺ Studio 1 - Lara		7:00 – 8:15 <b>Budokon</b> ■◆ Studio 1 - Ramin			

Gentle Workouts (All aerobics classes are low impact)						
10:40 – 11:35 <b>Aerobics</b> ☺ Studio 2 - Janet	10:30 – 11:00 <b>Cardio Cycle</b> ☺ Studio 3 - Helen/Sophie	10:40 – 11:35 <b>Aero Intervals</b> ■ Studio 2 - Dina	9:55 – 10:55 <b>Aerobics</b> ■ Studio 1 - Lilian			
11:50 – 12:35 <b>Toning</b> ☺ Studio 1 - Sophie	11:00 – 11:45 <b>Aerobics</b> ■ Studio 2 - Wilma	11:45 – 12:35 <b>Aerobics</b> ☺ Studio 1 - Helen		11:05 – 11:55 <b>Toning</b> ☺ Gym - Helen		
5:10 – 6:30 <b>Cardiac Rehab.</b> ♥ Studio 4 - Helen	5:20 – 6:30 <b>Adapted Fitness</b> Studio 1	5:10 – 6:30 <b>Cardiac Rehab.</b> ♥ Studio 1 - Helen	5:10 – 6:30 <b>Cardiac Rehab.</b> ♥ Studio 1 - Helen			

Squash and Racquetball						
					9:45 – 10:30 <b>Junior Squash Clinic</b>	
5:15 – 8:15 <b>Round Robin Squash &amp; Racquetball</b>	5:15 – 6:00 <b>Squash Skills Clinic</b> ■◆	5:15 – 8:15 <b>Round Robin Squash</b>	5:15 – 6:00 <b>Squash Skills Clinic</b> ●■	5:15 – 8:15 <b>Round Robin Squash</b>	1:30 – 2:15 <b>Squash Skills Clinic</b> ◆	1:30 – 2:15 <b>Squash Skills Clinic</b> ●■
	6:00 – 6:45 <b>Squash Skills Clinic</b> ■◆		6:00 – 6:45 <b>Squash Skills Clinic</b> ●■		2:15 – 3:00 <b>Squash Skills Clinic</b> ◆	2:15 – 3:00 <b>Squash Skills Clinic</b> ●■

### DOWNTOWN Y CENTRE

1440 Stanley Street  
Montreal, Québec H3A 1P7  
Tel.: (514) 849-8393  
www.ymcaquebec.org

#### Business Hours

Monday to Friday  
6:00 a.m. to 10:45 p.m.  
Saturday and Sunday  
7:15 a.m. to 7:45 p.m.

#### Statutory Holidays:

April 6<sup>th</sup>, 8<sup>th</sup> and May 21<sup>st</sup>  
7:15 a.m. to 7.45 p.m. No classes.

#### LEVELS

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

♥ Approval by physician required

✂ Registration required

\$ Additional payment required

Ⓢ Reservation cards available at reception 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 (6-11 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.

#### Running Club (18+)

Bing Huang 514-849-3091

Thursday 6:30 – 7:30

Start Downtown YMCA Lobby

Saturday 8:30 – 9:30

Start Monument of Mount-Royal

#### Hiking Club (18+)

Norma Cobetto 514-331-1884  
Weekly outing

## Gymnasium - Members only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00 – 8:30 <b>Badminton</b> (14+) ☺	1:00 – 2:30 <b>Volleyball</b> (16+) ■◆	8:05 – 9:00 <b>Badminton</b> (14+) ☺		10:00 – 11:45 <b>Chito Ryu Karate</b> ☺ (14+)	10:00 – 1:00 <b>Volleyball</b> (16+) ◆◆
	1:15 – 2:45 <b>Basketball</b> (18+) ☺	2:30 – 4:00 <b>Volleyball</b> (16+) ☺	1:00 – 2:30 <b>Badminton</b> (14+) ☺	1:00 – 2:30 <b>Volleyball</b> (16+) ■◆	12:00 – 3:30 <b>Youth Zone</b>	1:15 – 3:30 <b>Youth Zone</b>
3:00 – 5:15 <b>Badminton</b> (14+) ☺		4:00 – 5:20 <b>Youth Zone</b>	4:00 – 5:20 <b>Youth Zone</b>	3:30 – 5:20 <b>Youth Zone</b>	3:30 – 6:30 <b>Basketball</b> (18+) ☺	3:30 – 6:00 <b>Basketball</b> (18+) ☺
7:35 – 9:35 <b>Chito Ryu Karate</b> ☺ (14+)			7:45 – 9:00 <b>Soccer</b> (18+) ☺	7:25 – 8:25 <b>Youth Zone</b>	6:30 – 7:45 <b>Badminton</b> (14+) ☺	6:00 – 7:30 <b>Soccer</b> (18+) ☺
9:35 – 10:35 <b>Volleyball</b> (16+) ■◆	8:00 – 10:30 <b>Soccer</b> (18+) ☺	8:05 – 10:45 <b>Basketball</b> (18+) ■◆	9:05 – 10:45 <b>Badminton</b> (18+) ☺	8:30 – 10:45 <b>Basketball</b> (18+) ■◆		

## Pool Schedule (Bathing cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Free Swim, Aquafitness and Swimming Lessons</b>						
6:30 – 9:30 Lap Swim (5)	6:30 – 7:45 <b>Masters Swim</b> (2)	6:30 – 9:30 Lap Swim (5)	6:30 – 7:45 <b>Masters Swim</b> (2)	6:30 – 9:30 Lap Swim (5)		
	7:45 – 9:30 Lap Swim (5)		7:45 – 9:30 Lap Swim (5)		7:30 – 9:00 Lap Swim (5)	
9:00 – 11:00 <b>Daycare</b> (3)*					9:00 – 12:00 ⚡\$ <b>Swim Lessons</b> (0) Children	9:00 – 12:00 ⚡ <b>Swim Lessons</b> Adult (2) Jan15-Mar18 / Apr15-Jun10
9:55 – 10:45 <b>Aquafitness</b> (2) ☺	9:30 – 11:00 Lap Swim (2)	9:55 – 10:45 <b>Aquafitness</b> (2) ☺	9:30 – 11:00 Lap Swim (2)	9:55 – 10:45 <b>Aquafitness</b> (2) ☺		
	11:00 – 11:45 ⚡ <b>Swim Lessons</b> Adult (2) Jan17-Mar20 / Apr17-Jun12		11:00 – 11:45 ⚡ <b>Swim Lessons</b> Adult (2) Jan19-Mar22 / Apr19-Jun14		12:00 – 1:00 Lap Swim (5)	
11:00 – 2:30 Lap Swim (5)	12:05 – 12:55 <b>Aquafitness</b> (2) ☺	11:00 – 2:30 Lap Swim (5)	12:05 – 12:55 <b>Aquafitness</b> (2) ☺	11:00 – 2:30 Lap Swim (5)	1:00 – 2:00 <b>Family Swim</b> (3) ☺☺	
	1:00 – 2:30 Lap Swim (5)		1:00 – 2:30 Lap Swim (5)		1:00 – 2:00 <b>Open Swim</b> (3)	
2:30 – 4:00 Lap Swim (5) ☺☺					2:00 – 3:45 ⚡\$ <b>Lifesaving classes</b> (2)	2:00 – 5:00 ⚡\$ <b>Children Swim Lessons</b> <b>Lifesaving classes</b> (2)
5:00 – 5:45 Lap Swim (5)	4:00 – 7:00 Lap Swim (5)	4:00 – 5:45 Lap Swim (5)	4:00 – 7:00 Lap Swim (5)	4:00 – 5:30 Lap Swim (5)	3:45 – 5:00 Lap Swim (5)	
5:45 – 6:45 <b>Aquafitness</b> (2) ☺		5:45 – 6:45 <b>Aquafitness</b> (2) ☺		5:30 – 6:30 <b>Aquafitness</b> (2)	5:00 – 7:00 Lap Swim (5) ☺☺	
6:45 – 8:00 <b>Masters Swim</b> (2)	7:00 – 8:30 ⚡ <b>Swim Lessons</b> Adult (2) Jan17-Mar20 / Apr17-Jun12	6:45 – 8:00 <b>Masters Swim</b> (2)	7:00 – 8:30 ⚡ <b>Swim Lessons</b> Adult (2) Jan19-Mar22 / Apr19-Jun14	6:30 – 8:30 ⚡\$ <b>Lifesaving classes</b> (3)		
8:30 – 10:00 Lap Swim (5) ☺☺						

### Adult Swimming Lesson Program

	11:00 – 11:45 <b>Intro to the Water</b>		11:00 – 11:45 <b>Intro to the Water</b>			9:00 – 9:45 <b>Intro Swimming Skills</b>
						9:45 – 10:30 <b>Stroke Improvement 1</b>
	7:00 – 7:45 pm <b>Intro to the Water</b>		7:00 – 7:45 pm <b>Stroke Improvement 2</b>			10:30 – 11:15 <b>Stroke Improvement 2</b>
	7:45 – 8:30 pm <b>Intro Swimming Skills</b>		7:45 – 8:30 pm <b>Stroke Improvement 1</b>			11:15 – 12:00 <b>Intro to the Water</b>

## Course Descriptions

**Aerobics:** High- and low- impact movements. Participants can follow the impact level of their choice.

**Aero Dance:** An aerobics course based on various choreographed Latin and Modern dance routines.

**Aero-Kickbox:** A cardiovascular workout that incorporates boxing techniques: kicking, punching, and rope skipping. Routines include movements kickboxers use, without the contact. A great way to get rid of stress!

**Aero Latin:** Aerobics course based on choreographed routines from Salsa, a Latin American improvised dance style.

**African Dances:** Discover and learn traditional African dance movements and music in an experience that is both physical and cultural. Bare feet and comfortable exercise attire recommended.

**Afro-Latin:** A high energy class inspired by African and Latin music.

**Aikibudo:** Traditional Japanese martial art based on bare handed defense techniques. Traces its origins to the warring skills of Japanese samurai clans.

**Aquafitness:** Effective cardiovascular and muscle conditioning in a friction-free environment. The high resistance of water and the equipment used provide an intense workout while minimizing the impact on the joints. Excellent for participants from beginners to advanced fitness levels & older adults. Swimming skills are not required.

**Belly Dancing:** A dance for women commonly referred to as "Belly Dancing" which combines grace, flexibility and sensuality. It traces its origins to Egypt, and is certainly one of the oldest dances in the Middle East. Dance shoes or cotton socks are recommended.

**Bollywood Bhangra:** An Indian-style dance inspired by "Bollywood" movies. A lively bhangra dance course to the powerful, vibrant rhythms of bhangra music and the driving beat of the dhol drum.

**Boot Camp:** An intense class that will improve your strength, speed and power. Background music, and no choreography. Basic cardio training and muscle conditioning (jumps and running).

**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.

**Bosu:** A complete workout with the BOSU, a ball consisting of a rigid base and flexible hemisphere. Stability, cardiovascular and strength exercises. For the curious, Bosu is short for "Both sides up."

**Capoeira:** An aesthetically spectacular Afro-Brazilian martial art/dance. First practiced by slaves, this liberation fight-dance has evolved into a fascinating mix of body movements that increases your natural strength, energy level, agility and flexibility.

**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 Trainnig:** Overall full-body workout including segments of cardiovascular, muscle training and flexibility.

**Dance Mix:** A multifaceted class that explores choreographed routines based on a variety of dance styles such as hip hop, funk, salsa and more.

**Groove™:** This workout gives you the opportunity to move to the music YOUR way. A simple dance-based workout where you explore simple movement (little/no choreography) to great music to make your body feel good and to foster vibrant health.

**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.

**Hip Hop:** Choreographed routines inspired by this popular musical style. A mix of funk and acrobatic figures, an exciting way to channel your energy! The hottest dance style among teens.

**Karate:** Chito Ryu Karate is a very effective method of self-defence, which incorporates all the benefits of a regular fitness course, plus the development of motor skills.

**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).

**Meditation:** Meditation is a spiritual technique to achieve complete relaxation of the body and a calm, focused state of mind. Several major religions include ritual meditation; however, meditation itself need not be a religious or spiritual activity.

**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.

**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.

**Qi Gong:** A 2,500 year-old Chinese health, healing, and energy art practiced in Asia by over 100,000,000 people. It is the art and science of using breathing techniques, movement and still meditation to cleanse, strengthen, and circulate vital energy (chi) in the body. Regular practice leads to better physical health, a tranquil state of mind, improved self-awareness and concentration.

**Step:** 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.

**Step Intervals:** You can do all your cardiovascular and strength training in one class with Step Interval Training, which involves stepping up and down on an adjustable platform and performing a variety of movements. SIV utilizes the principles of work and recovery intervals, high- and low-impact aerobics. Hand-held weights, rubber exercise bands and tubing are used.

**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.

**Tai Chi:** Chinese gymnastics consisting of slow and supple movements in precise patterns. Yang style, short (24 forms) or long forms (108 forms). An art that helps develop Body Awareness, strength and focus, and releases stress.

**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.

**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 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. Energetic, intense and fun!

☺ Lap Swim open to City of Montreal Residents.

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

The YMCA reserves the right to close a lane to offer private lessons during Open Swim when there are 5 lanes available.

\* Small pool closed during daycare times.