

WINTER-SPRING 2012 PROGRAM

January 9th to June 17th



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Classes						
9:00 – 10:00 Step ■ Gym - Diana	6:30 – 7:30 Toning ■ Studio 1 - Devon	9:00 – 10:00 Step ■ Gym - Jessej	9:00 – 10:00 Toning ◆ Gym - Linda	9:00 – 10:00 Boot Camp ◆ Gym - Diana	9:00 – 10:00 Step ■ Gym - Matthew	9:45 – 11:00 Aero Toning ■ Studio 1 - Yolanda
9:00 – 9:45 TRX training ■ Studio 2 - Ludmila	9:00 – 10:00 Toning ◆ Gym - Diana	9:00 – 10:00 TRX training ■ Studio 2 - Diana	9:00 – 10:00 BOSU ◆ Studio 1 - Silvia	NEW 9:00 – 10:00 Zumba ☺ Studio 1 - Kiki	9:15 – 10:00 Aero-Danse ■ Studio 1 - Kim	10:00 – 11:00 BOSU ◆ Gym - Ludmila/Gabi
10:00 – 11:00 Aero-Dance ☺ Studio 1 - Ludmila	10:00 – 11:00 NIA Technique ☺ Studio 1 - Judy	10:00 – 11:00 Toning w/Ball ■ Gym - Amy	10:05 – 11:00 Stretching ☺ Gym - Jaime		10:00 – 11:00 Aero Salsa ■ Studio 1 - Kim	NEW 11:00 – 12:00 TRX training ■ Studio 2 - Penny
10:05 – 11:05 Classical Stretch ☺ Gym - Sarah	11:00 – 12:00 Mum & Baby Aero ☺ (Stroller) Gym - Gabi	10:00 – 11:00 Stretching & Balance ☺ Studio 2 - Julian	10:05 – 11:05 Aero Dance Studio 1 - TBA		10:00 – 11:00 Aero Kickbox Gym - Eva	11:00 – 12:00 Stretching ☺ Gym - Ludmila/Gabi
12:05 – 13:00 Toning ■ Studio 1 - Trudie	NEW 12:05 – 12:50 Core Conditioning ☺ Studio 2 - Trudie	12:05 – 13:00 Toning ■ Studio 1 - Debbie			11:05 – 12:05 Toning ■ Gym - Petr	12:00 – 13:00 Zumba ☺ Studio 1 - Candie
17:00 – 17:45 TRX training ■ Studio 2 - Alison	17:00 – 18:00 Toning ◆ Studio 2 - Beth	18:00 – 19:00 Toning ◆ Studio 1 - Diana	17:00 – 17:45 TRX training ■ Studio 2 - Mark			
17:15 – 18:00 Step ■ Studio 1 - Beth		18:00 – 18:55 TRX training ◆ Studio 2 - Barry	17:00 – 17:55 Toning ■ Studio 1 - Trudie			
18:00 – 19:00 Bootcamp ◆ Gym - Diana	18:00 – 19:00 Step ■ Gym - Pierre	18:30 – 19:30 Afro-Caribbean Aerobics ■ Gym - Selwyn	18:00 – 19:00 Step ◆ Gym - Diana			
18:00 – 19:00 Zumba ■ Studio 1 - Candie	NEW 18:00 – 19:00 Afro Samba ☺ Studio 1 - Mika	NEW 19:00 – 20:00 Aerobox ■ Studio 1 - Chokri	NEW 18:00 – 19:00 Zumba ☺ Studio 2 - Grecia	18:00 – 19:00 Aerobics ◆ Studio 1 - Diana		

Gentle Workout (Studio 1)						
9:00 – 9:55 Toning ○ Una	9:00 – 10:00 Aerobics ○ Lilian			11:00 – 12:00 Aerobics ○ Michel		
	NEW 11:05 – 12:00 Toning w/chairs ○ Una					

Cardio Cycle Classes (Studio 2)						
8:00 – 8:45 Julie ☺	8:00 – 8:45 Colette ☺	8:00 – 8:45 Julie ☺	8:00 – 8:45 Janice ☺	8:00 – 9:00 Susan (Body bar) ☺	10:05 – 11:00 Petr ◆	9:00 – 10:00 Susan/Sandrine ◆
			9:15 – 10:00 Julie ☺			
		17:00 – 17:45 Janice ☺				
19:05 – 20:05 Gabi ■	18:05 – 19:05 Steve ■	19:05 – 20:05 Benoit ◆				

Mind and Body						
7:00 – 8:00 Yoga ■ Studio 1 - Jaime			10:00 – 11:00 Tai Chi ● Studio 2 - Ron	6:30 – 7:30 Pila-Yoga ■ Studio 1 - Tammy	9:00 – 10:00 Pilates ■ Studio 2 - Tammy	
	10:00 – 11:00 Pilates ●■ Studio 2 - Sarah	NEW 9:30 – 10:30 Chair Yoga ○ Studio 1 - Réal	11:00 – 12:00 Pilates with Props ■ Studio 2 - Sarah	10:00 – 11:00 Pilates ●■ Studio 1 - Trudie	11:05 – 12:35 Karate ☺ Studio 2	
11:00 – 12:00 Yoga ■ Studio 2 - Diana	11:05 – 12:05 Tai Chi ● Studio 1 - Ron	11:00 – 12:00 Yoga ■ Studio 2 - Don	11:05 – 12:05 Qi Gong ☺ Studio 1 - Ron		11:15 – 12:30 Yoga ■◆ Studio 1 - Yaelle	
	NEW 12:05 – 13:05 Qi Gong ☺ Studio 1 - Ron		12:05 – 13:20 Meditation ☺ Studio 2 - Daryl Until April 26	12:00 – 13:15 Yoga ■ Studio 2 - Tim	13:00 – 14:00 \$ Karate (7+) Studio 2 - Parent/children	13:00 – 14:15 Yoga ■ Studio 2 - Réal
		17:00 – 18:00 Yoga ☺ Studio 1 - Yaelle	18:00 – 19:00 Pilates w/Ball ■ Studio 1 - Réal			
18:00 – 19:00 Pilates ☺ Studio 2 - Réal	19:00 – 20:00 Yoga ● Studio 1 - Chitra		19:05 – 20:20 Yoga ■ Studio 1 - Don			
19:00 – 20:30 Yoga ■ Studio 1 - Tim	19:15 – 22:00 Karate ☺ Studio 2		19:15 – 22:00 Karate ☺ Studio 2			

Preschool, Children, Youth, Family Programs, Babysitting \$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 – 12:00 Child Care \$				9:30 – 11:15 Open Palestre (6 months - 5 yrs) \$		
10:00 – 10:55 Kindergym \$ (6 months-Walking)	10:00 – 10:55 Kindergym \$ (26-36 months)	10:00 – 10:55 Kindergym \$ (6 months-Walking)	10:00 – 10:55 Kindergym \$ (18-26 months)	10:00 – 10:55 Kindergym \$ (12-18 months)		
				11:00 – 11:55 Kindergym \$ (18-26 months)	10:30 – 12:30 Creative Arts \$ (11-14)	
12:00 – 13:00 Lunch Bunch \$						13:00 – 14:00 \$ Football Winter only (10-14)
13:05 – 14:35 Soccer \$ (3-5)	13:05 – 14:05 Kids Yoga \$ (3-5)	13:05 – 14:05 Gymnastics \$ (3-5)	13:05 – 14:35 Soccer \$ (3-5)	13:05 – 14:35 Gym & Swim \$ (3-5)	13:00 – 14:00 \$ Karate (7+) Studio 2 - Parent/children	13:00 – 15:00 \$ Volleyball Spring only (8-12)
15:00 – 18:00 After School Program \$						
	16:00 – 17:00 \$ Basketball Winter only (8-11)	15:55 – 16:55 \$ Hip Hop (6-10)		17:00 – 18:00 \$ Aerobox (10-14)		
	17:00 – 18:00 Basketball \$ Winter only (12-17)					
	18:15 – 20:15 \$ Theater (12-15)					

WESTMOUNT Y CENTRE

4585 Sherbrooke Street West
Westmount, Québec H3Z 1E9
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 6th and May 21st
10:00 a.m. to 5:00 p.m.
No group 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 Basketball (18+)	
					14:30 – 16:30 Open Gym Family (6-12)	
				18:00 – 19:30 Basketball (Skills and drills)	16:30 – 19:00 Open Gym	
19:30 – 22:00 Basketball (18+) ◆	19:30 – 22:00 Volleyball ◆	20:00 – 22:00 Cosom Hockey ☺	19:15 – 22:00 Basketball ■ (16+)	19:30 – 21:30 Basketball (13-17)		

Pool Schedule (Shower and Bathing Cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafitness						
9:35 – 10:30 Kevin	9:00 – 9:55 Colette	9:35 – 10:30 Janice	9:00 – 9:55 Deep Water Andrew	9:35 – 10:30 Kevin	8:45 – 9:40 Aqua Boot Camp Azita	
	13:15 – 14:00 Arthritic Aquafit 60+ Kevin		13:15 – 14:00 Arthritic Aquafit 60+ Colette			
18:20 – 19:15 Devon		18:20 – 19:15 Isa				
Open Swim						
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 – 14:30 Swim (60+)	13:20 – 15:40	13:15 – 14:30 Swim (60+)	13:20 – 15:35		
	14:35 – 15:55		14:35 – 15:55	15:30 – 16:55	14:00 – 15:25	14:45 – 16:00 City of Westmount
Lap Swim						
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 – 9:40
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		
Masters Swim Club						
6:20 – 7:35		6:20 – 7:35		6:20 – 7:35		
8:10 – 9:30		8:10 – 9:30		8:10 – 9:30		
	19:15 – 20:45		19:15 – 20:45	19:30 – 20:45		16:00 – 17:20
Swimming Lessons (Children)						
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 Adult lessons		20:00 – 20:45 Adult lessons				

Course Descriptions

Danse

Aero-Dance: A cardio class that includes a combination of different dance styles.

Aero-Latin: A high energy cardio class that incorporates Latin dance movements.

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

Afro Samba: Choreographed routines based on movements from Samba and African dance.

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

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-Box: A cardiovascular workout incorporating boxing techniques without physical contact. An intense cardiovascular workout for the whole body. Come get a terrific workout and relieve your stress.

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.

Core Conditioning: This course is designed to strengthen the core muscles, with or without equipment. Equipment used will be TRX cables, BOSU and Ball.

Nia Technique: This total pleasure based body conditioning method combines movements from the dance arts (Jazz, Modern, Duncan), the martial arts (Tai Chi, Aikido, Tae Kwon Do) and the healing arts (Yoga, Alexander, Feldenkrais), all done to a variety of world music beats. Barefoot or soft soled shoes suggested.

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.

TRX training: Make your body your machine. Resistance bodyweight training using suspension cables for increased muscular strength.

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.

Qi Gong/Tchi Kung: 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.

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 through 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.

Chair Yoga: Chair yoga provides assistance so that everyone can practice safely and securely.

Gentle Workout

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.

Toning with chairs: A gentle toning class using chairs as a prop, both seated and standing. It will improve strength, endurance and flexibility. Suitable for participants who have problems with mobility.

Martial Arts

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

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.