

FALL 2020

From September 12 to December 4, 2020 (12 weeks)

Price*: **\$75 (45 minutes)** **\$95 (60 minutes)** **\$115 (75 minutes)**

*Combine EXERCISE CLASSES offered on this list and obtain \$10 discount on a second and third class.

LEGEND:	All levels	<input type="checkbox"/> Beginner	Intermediate	Advanced	Piano
(1): Exercise room 1	NOTE: No class on Monday, October 12; Monday classes end on December 7, 2020.				
(2): Exercise room 2	Highlighted in yellow = New schedule and room modifications				

LOCATION: RECREATION CENTER, 60 Roosevelt Avenue						
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS & ARMS BLAST					12:15 - 13:00 Gayle (1)	
ABS & THIGHS BLAST	14:00 - 15:00 Gayle (2)					
BODY DESIGN		18:30 - 19:30 Martine (1)		19:30 - 20:30 Gayle (1)		
CARDIO-FIT	17:30 - 18:30 Martine (2)		18:15 - 19:15 Martine (1)			
CARDIO-STROLLER		09:00 - 10:00 Marcela (Outdoor)				
ESSENTRICS			16:45 - 17:45 Martine (1)			
GENTLE STRETCHING <input type="checkbox"/>		12:15 - 13:00 Gayle (2)				
LADIES & GENTLEMEN KEEP FIT	09:30 - 10:30 Elaine (2)			09:30 - 10:30 11:00 - 12:00 Elaine & Norma (2)		
PILATES ON MAT	12:00 - 13:00 Louise (1)	17:00 - 18:00 Marlene (1)		11:40 - 12:40 Marlene (1) FULL		
STRETCHING TONING			09:30 - 10:45 Elaine (2)		10:30 - 11:45 Elaine (2)	
TONUS PLUS	07:30 - 08:30 Yvan (1)	20:00 - 21:00 Yvan (2)	07:30 - 08:30 Yvan (1)			
ZUMBA®	19:00 - 20:00 Marcela (2)			18:00 - 19:00 Marcela (1)		09:00 - 10:00 Marcela (2)

CLASSES	DESCRIPTION
BLAST	All levels - A 15-minute warm-up followed by 30 minutes of intense muscle conditioning and a recovery period. ABS AND ARMS - A workout focusing on the abdominals, postural muscles and arms. ABS AND THIGHS - A workout focusing on the abdominals, postural muscles and thighs.
BODY DESIGN	All levels - A combination of exercises to firm the whole body. A light aerobic warm-up and toning of the lower and upper limbs as well as the back and abdominal muscles.
CARDIO-FIT	All levels - Various cardiovascular training exercises combined with a resistance and interval workout.
CARDIO-STROLLER	All levels - For all new moms who wish to train with their child in a stroller through a low-impact cardio and muscle toning program. Babies must be aged between 2 weeks (uncomplicated delivery) or 6 to 8 weeks (complications during delivery or C-section) and around 12 months. Infants should be breastfed before or after the session.
ESSENTRICS	All Levels - A dynamic workout that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles.
GENTLE STRETCHING	Beginner - A gentle cardio warm-up and soothing stretches for better balance and greater mobility.
LADIES & GENTLEMEN KEEP FIT	All levels - A class designed to introduce you to the different styles of fitness: body design, low impact, elastics and dance. This course is adapted for participants 55 years of age or more. A talented pianist will entertain the group on Thursdays ONLY.
PILATES ON MAT	Intermediate and advanced - A series of strengthening mat exercises for core muscle training (abdominals and back) combined with deep breathing, all intended to energize the body and improve posture.
STRETCHING TONING	All levels - Variety of exercises to strengthen and relax the muscles and the mind. Easy dance steps to enhance your aerobic capacity, followed by gradual cool down with bar and mat work.
TONUS PLUS	All levels - Muscle tone, endurance, flexibility, enhanced physical fitness, all choreographed to a variety of popular music.
WAKE-UP CIRCUIT	All levels - Jump into core strengthening! (Stability ball, free weights). Limber up with stretching, and then test your cardiovascular and endurance levels with circuit and interval training.
ZUMBA®	A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.