

EXERCISE CLASSES – SPRING 2024: From April 15 to June 7, 2024 (8 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	☐ Beginner	△ Intermediate	⚙ Advanced	🎵 Piano
(1): Exercise room 1	NOTE: No class on Monday, May 20; Monday classes end on June 10, 2024.				
(2): Exercise room 2	Cancelled courses have been removed from the grid				

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)					
CARDIO-FIT ☺	17:30 - 18:30 Martine (2)		17:55 - 18:55 Martine (1)			
CARDIO-STROLLER ☺		10:00 - 11:00 Gayle (Outdoor)				
ESSENTRICS ☺			16:45 - 17:45 Martine (1)			
GENTLE STRETCHING ☐		12:15 - 13:00 Gayle (2)			13:05 - 13:50 Gayle (2)	
LADIES & GENTLEMEN KEEP FIT ☺				09:30 - 10:30 Susan & Norma (2) 🎵		
PILATES ON MAT	12:15 - 13:15 Marlene ☺ (1) Full	17:45 - 18:45 Louise △ (1)		11:40 - 12:40 Marlene △ (1) Full 19:15 - 20:00 Louise △ (1)		
STRETCHING TONING ☺			10:15 - 11:30 Susan (2)			
TONUS PLUS ☺	07:30 - 08:30 Yvan (1)		07:30 - 08:30 Yvan (1)			
ZUMBA®	19:00 - 20:00 Marcela ⚙ (2) Full			18:00 - 19:00 Marcela ☺ (1) Full		09:00 - 10:00 Marcela ☺ (2) Full

Access card (6 courses): **Full classes are not available.**

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.
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.
ESSETRICS	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 & GENTLEMENT 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.
ZUMBA®	A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.