

# YMCA Ouest-de-l'Île

## PROGRAMMATION PRINTEMPS 2023

Du 27 mars au 11 juin – Pas de cours (7 et 10 avril)



### Cours de conditionnement physique dirigés

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9 h – 9 h 55 <input type="checkbox"/> <b>Pilates</b> Studio 2 ( <i>Hooma</i> )						
10 h – 10 h 55 <input checked="" type="checkbox"/> <b>Zumba Gold</b> Studio 2 ( <i>Karen</i> )	10 h – 10 h 55 <input checked="" type="checkbox"/> <b>Tonus en douceur</b> Studio 2 ( <i>Susan</i> )	10 h – 10 h 55 <input type="checkbox"/> <b>Aéro-Tonus</b> Studio 2 ( <i>Susan</i> )	10 h – 10 h 55 <input type="checkbox"/> <b>Yoga</b> Studio 2 ( <i>Nancy</i> )		10 h – 10 h 55 <input type="checkbox"/> <b>Aquaforme</b> Piscine ( <i>Susan</i> )	10 h – 10 h 55 <input type="checkbox"/> <b>Zumba</b> Studio 2 ( <i>Preetha</i> )
	11 h – 11 h 55 <input type="checkbox"/> <b>Yoga</b> Studio 2 ( <i>Chantal</i> )	11 h – 11 h 55 <input type="checkbox"/> <b>Aquaforme</b> Piscine ( <i>Mootaz</i> )		11 h – 11 h 55 <input type="checkbox"/> <b>Aquaforme</b> Piscine ( <i>Nevina</i> )	11 h – 11 h 55 <input type="checkbox"/> <b>Force du tronc et abdos</b> Studio 2 ( <i>Mootaz</i> )	
				12 h – 12 h 55 <input type="checkbox"/> <b>Tonus Total</b> Studio 2 ( <i>Nevina</i> )		
18 h – 18 h 55 <input checked="" type="checkbox"/> <b>Entraînement par intervalles</b> Studio 2 ( <i>Cheryl</i> )			18 h – 18 h 55 <input type="checkbox"/> <b>Entraînement fonctionnel</b> Studio 2 ( <i>Bassel</i> )			
		18 h 30 – 19 h 25 <input type="checkbox"/> <b>Aquaforme</b> Piscine ( <i>Nevina et Mootaz</i> )				
	19 h – 19 h 55 <input type="checkbox"/> <b>Zumba</b> Studio 2 ( <i>Lindy</i> )					

**Niveaux:** ● Débutant |  Tous niveaux | ◆ Avancé | ● En douceur | ✍ Inscription obligatoire | \$ Frais supplémentaires |

♥ Approbation du médecin exigée | (R) Cartes de réservation disponible au comptoir d'accueil 20 minutes avant le début du cours

# West Island YMCA

## 2023 SPRING PROGRAMMING

March 27 to June 11 – No group classes (April 7, 10)



### Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m. – 9:55 a.m. ☐ <b>Pilates</b> Studio 2 ( <i>Hooma</i> )						
10 a.m. – 10:55 a.m. ● <b>Zumba Gold</b> Studio 2 ( <i>Karen</i> )	10 a.m. – 10:55 a.m. ● <b>Gentle Toning</b> Studio 2 ( <i>Susan</i> )	10 a.m. – 10:55 a.m. ☐ <b>Aero-Toning</b> Studio 2 ( <i>Susan</i> )	10 a.m. – 10:55 a.m. ☐ <b>Yoga</b> Studio 2 ( <i>Nancy</i> )		10 a.m. – 10:55 a.m. ☐ <b>Aquafit</b> Pool ( <i>Susan</i> )	10 a.m. – 10:55 a.m. ☐ <b>Zumba</b> Studio 2 ( <i>Preetha</i> )
	11 a.m. – 11:55 a.m. ☐ <b>Yoga</b> Studio 2 ( <i>Chantal</i> )	11 a.m. – 11:55 a.m. ☐ <b>Aquafit</b> Pool ( <i>Mootaz</i> )		11 a.m. – 11:55 a.m. ☐ <b>Aquafit</b> Pool ( <i>Nevina</i> )	11 a.m. – 11:55 a.m. ☐ <b>Core Strength &amp; Abs</b> Studio 2 ( <i>Mootaz</i> )	
				12 p.m. – 12:55 p.m. ☐ <b>Tonal Toning</b> Studio 2 ( <i>Nevina</i> )		
6 p.m. – 6:55 p.m. ◆ <b>Interval Training</b> Studio 2 ( <i>Cheryl</i> )			6 p.m. – 6:55 p.m. ☐ <b>Functional Training</b> Studio 2 ( <i>Bassel</i> )			
		6:30 p.m. – 7:25 p.m. ☐ <b>Aquafit</b> Pool ( <i>Nevina &amp; Mootaz</i> )				
	7 p.m. – 7:55 p.m. ☐ <b>Zumba</b> Studio 2 ( <i>Lindy</i> )					

**Levels:** ● Beginner | ☐ All levels | ◆ Advanced | ● Gentle | / Registration required | \$ Additional payment required |

♥ Approval by physician required | (R) Reservation card available at membership services 20 minutes before the start of each class